SIPPIN' PRETTY

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MANCHESTER HEARTBREAK

United States' Megan Rapinoe prepares to kick the ball near Canada's Christine Sinclair during the teams' semifinal soccer match at the 2012 London Summer Olympics in Manchester, England, on Monday. Rapinoe scored two goals in the game, while Sinclair scored three. Despite Sinclair's hat trick, Canada suffered a heartbreaking 4-3 loss in extra time. For the story, see page 33. HUSSEIN MALLA/THE ASSOCIATED PRESS

GTA wife named as suspect in hired hit

Punjab, India, slaying. Burlington couple split after police abroad say husband was target

One week ago Gurpreet Gill was happily married, had a steady job and lived in a pretty Burlington house. Then a phone call turned his world upside down.

It was from a police officer in Punjab, India, and he told Gill that four men had been arrested for his grandmother's murder, which occurred earlier this year. He also said Gill's wife of four years was suspected of hiring the hit men to kill him, but they botched the job and ended up killing his grandmother.

"I couldn't believe it.... I was in shock," said Gill.

Gill, 25, a trucker, said he immediately moved out of the Burlington home. The arrests were publicized in India a couple of days later.

Police in India told Torstar News Service that three men were arrested on July 31 and one on Aug. 1 in connection with Gill's grandmother's murder. Pritam Kaur was 70. Narinder Aujla, an inspector with the Punjab police, said the alleged connection between the hit men and Gill's wife became apparent soon after the arrests. "They were promised about $35,000," he said.

Balpreet Kaur, Gill's wife, declined an interview but said all allegations were untrue. Her lawyer, Leo Adler, said that neither the Indian police nor the Canadian police have contacted his client. **TORSTAR NEWS SERVICE**

Horrific night

"I saw her die.... They had slashed her throat and then shot her."

Gurpreet Gill, who now lives with an aunt in Caledon, said he can't stop thinking about the night his grandmother was murdered.

Still on board

- Alexandre Despatie continues his comeback from a diving accident when he competes in the three-metre springboard final. Watch him today at 1:55 p.m on CTV
- Three more Olympic best-bets PAGE 33

Condos come with the wind

The prospect of a towering new neighbour has King Street restaurateurs concerned about wind-tunnel effects PAGE 3

T.O. Sikhs react to shooting

Leaders at North America's largest Sikh temple say U.S. shooting was an attack against the entire community PAGE 4

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Poetry on the Way

What happened to subway poems?

The initiative was known as Poetry on the Way, and it has been a quaint but bracing distraction for subway riders since its launch in 1998 — until the poems started disappearing.

The program has indeed been stopped; the mystery is in the why.

The whole enterprise seems to have been the brainchild of a single Toronto resident named Denis Deneau, who formed an outfit called the Poetry on the Way Literary Group in 1997 and promptly applied to the Canada Council for an arts grant.

The group's final application — for $19,000 — was approved in 2010 and was intended to cover the costs of the poetry project for a one-year period that ended last September, which is roughly when the poetry stopped. "They haven't applied to us since," said Mireille Allaire, a Canada Council spokeswoman.

TORSTAR NEWS SERVICE

One man sought

3 drown on deadly long weekend

For several GTA families, the August long weekend was marred by heartbreaking loss as three people drowned on Sunday.

On Monday morning, police pulled the body of Walter Santos, 43, of Mississauga, from Lake Erie, after he struggled against the current while swimming with his children Sunday afternoon.

At a Scarborough beach, two brothers, aged 17 and 22, drowned Sunday in Lake Ontario.

On Monday afternoon, police continued to search for a man who disappeared into Lake Ontario near the Whitby-Ajax border after his canoe capsized Sunday evening. TORSTAR NEWS SERVICE

JAMBANA brings island vibe to Downsview Park

People celebrate JAMBANA, the commemoration of Jamaica's 50th anniversary of independence from Britain, at Downsview Park on Monday. JAMBANA has been designated the official Canadian celebratory event by the government of Jamaica. At Toronto's official church service to commemorate the anniversary Sunday, Rev. Audley James paused the ceremonies so everyone could watch Usain Bolt win the Olympic 100-metre final. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Condo project gets lukewarm reception on 'restaurant row'

New tiff on the block. Entertainment District restaurateurs voice opposition to proposed 47-storey tower

A strip of Victorian buildings in the heart of the entertainment district dubbed "restaurant row" is facing off against a new era of architecture as a 47-storey condominium proposal moves forward.

Restaurateurs have a list of concerns about the prospect of a towering neighbour, including wind tunnel effects and preservation of older buildings. They fear that the very thing that attracts developers in the first place — the area's culture and atmosphere — could be threatened without protective measures.

This proposal, which includes plans for three-bedroom family units, was what prompted deputy mayor Doug Holyday's controversial statement last month that downtown was no place to raise kids.

Although the city first rejected the proposal at 323-333 King St. W., between Peter and Widmer streets, in February, developer King Financial Holdings continued to push. After acquiring 321 King W. as well, the developer resubmitted the proposal and reached a settlement to get the proper zoning permissions after completing an extensive site-planning agreement.

The restaurant owners know that the further the process goes, the more difficult it will be to stop.

Many of the strip's restaurant owners oppose the development, and not only on esthetic grounds. According to Al Carbone, owner of the Italian restaurant Kit Kat — about one block east of the proposed condo — they are also concerned about sunlight, wind tunneling and affordable housing.

He pointed to the TIFF Bell Lightbox as an example. After its construction, he claims, the wind tunnel effect became so bad, plates of food have been known to blow off of patio tables. TORSTAR NEWS SERVICE

Building boom

It's not the first development of its kind: The ribbon of high-end eateries along the south side of King St. W. has seen many highrises sprout up recently.

- Squatting in the shadow of TIFF Bell Lightbox's 46-storey Festival Tower and M5V, a shimmering stack of suites near Peter Street, the Victorian-era buildings that house many restaurants are beginning to look out of place.
- Two more 40-plus-storey developments have already been approved at the end of the street, at 355 King St. W and 119 Blue Jays Way.

1 NEWS

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Sikhs rattled over shooting

Reaction. Toronto's Sikh community shocked by violence at Wisconsin temple

The president of North America's largest Sikh Gurdwara, located in the GTA, says Sunday's shooting was an attack against the entire community.

"We lost members of our extended family," says Jasjit Bhullar, president of the Ontario Khalsa Darbar in Mississauga, which has 25,000 members. About 200,000 Sikhs call the GTA home, one of the largest communities outside India.

"We were shocked that this happened in a place of worship," Bhullar says. "We keep our doors open seven days a week to welcome every single person, to feed everyone."

Bhullar refers to the free communal meal served at all Gurdwaras at any time of the day called langar, which he says represents the openness and inclusive nature of the Sikh faith. He says it's a shame that people might now be scared to enter a Gurdwara and mentions attacks when vandals mistook Gurdwaras for Muslim Mosques after the 9/11 attacks.

Ripsodhak Grewal is principal of the Brampton Khalsa School that was spray-painted with racist graffiti last month. "Unfortunately because of our turbans and beards we can be easy targets for people looking for anyone they think is different," he said. FOR MORE COVERAGE SEE PAGE 8, TORSTAR NEWS SERVICE

Targeted

"Sikhs have been persecuted for 500 years. We shouldn't be singled out just for our physical distinction."

Ripsodhak Grewal, Principal of the Brampton Khalsa School

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Fifing at Fort York for Simcoe

Sally O'Keeffe, 14, played fife with the Fort York Guard in the Drum Corps during events at Fort York Monday to honour John Graves Simcoe on Simcoe Day. VINCE TALOTTA/TORSTAR NEWS SERVICE

Mars landing. Screams of support echo from Toronto

The landing of the Mars rover Curiosity wasn't without sweat, clenched teeth and screams — many coming from Toronto.

A group of more than 200 space enthusiasts gathered early Monday at Hotel Ocho, near Queen Street West and Spadina Avenue for the Mars Party, one of many celebrations held across the Canada.

Attendees paid $25 a pop as two screens displayed live video from NASA's control room.

At about 1 a.m., the crowd had a live-video chat with the poster boy for elementary school science education, Bill Nye the Science Guy.

Despite the Nye's pep talk, some in the crowd were still skeptical about the landing.

"It looks like a crazy, stupid idea," said Jesse D'Andrade, a 22-year-old University of Toronto psychology grad. "But it's made by NASA, so it's probably genius."

He's right on both charges. The highly synchronized landing had so many points where things could have gone awry that NASA dubbed the stretch of time during the final descent the "Seven Minutes of Terror."

Fortunately, all went as planned. "On the ground!" NASA's mission control operator in Pasadena, Calif., shouted at 1:31 a.m., fists shaking wildly. "On the ground!" yelled Mars Party organizer Daniel Moneta. The Toronto crowd erupted in screams. FOR MORE COVERAGE OF MARS LANDING, SEE PAGE 10 TORSTAR NEWS SERVICE

Scarborough

Tree collapses onto four cars

Christine Beckett was watching TV Sunday when she heard a bang. At 8:10 p.m., a portion of a large oak tree collapsed on Courcelette Road in Scarborough, damaging four vehicles. Beckett's Honda Civic was crushed. The tree was rotten on the inside said a city worker Monday. No one was injured. TORSTAR NEWS SERVICE

Wychwood Avenue

Man killed in cycling accident

A man died Monday after his bicycle tire got jammed in a streetcar track. The man, believed to be in his 40s, was riding on Wychwood Avenue, near St. Clair Avenue West at about 5:30 p.m. when he fell off his bike, striking his head. The man was not wearing a helmet, police said. When EMS arrived, he was in cardiac arrest. TORSTAR NEWS SERVICE

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From left, Josh Richardson, Chelsea Horncastle, Steve Mancell and Ethan Shea, all from British Columbia, play cards at the Maple Leaf pub in London, England. LAURA FORTEY/FOR METRO

Patrons at the Maple Leaf pub react as Victoria's Ryan Cochrane wins silver in the men's 1,500-metre freestyle on Saturday. LAURA FORTEY/FOR METRO

Red, white and brews at London's Maple Leaf pub

Waving the flag. Canada-themed bar in Olympic host city draws patriotic fans

LAURA FORTEY
For Metro Canada in London, England

Calgarian Mike Gusella, who said he took a detour in his around-the-world trip for the Olympics, with Metro's 'pub correspondent' Laura Fortey. For more photos of the Maple Leaf pub, go to metronews.ca/olympics. METRO

London's only Canadian pub, the Maple Leaf, has been rowdy throughout the Games.

Canadian tourists and expats have been flocking to the Covent Garden bar to cheer our athletes, said general manager Luigi Palnieri.

"The pub is always busy, but these Games have really brought out the Canadian spirit," he said.

When Victoria swimmer Ryan Cochrane won silver in the 1,500-metre freestyle, pub-goers were on their feet cheering him on. One fan, Mark Featherstonhaugh, said he has been friends with Cochrane since elementary school.

"We came to London to watch him, but couldn't get tickets. We thought the second-best place to see him would be this Canadian bar."

Calgarian Mike Gusella said it was "imperative" that he make a detour in his six-month, around-the-world adventure to come to London for the Games, no matter the price.

"I went to the '88 Games in Calgary when I was 12 and I was hooked ever since," said Gusella, who was at the Maple Leaf on Saturday.

Decorated head to toe in red with a flag for a cape, Ken Ferguson from Stratford, Ont., said he loves that he's in London with fellow Canucks, drinking Canadian beer and cheering on our Olympians.

"I love the Canadian perspective of this pub and the fact that it's not just here for the Olympics," said Ferguson.

Patrons said that anyone wearing red, or anything patriotic, served as a conversation starter." In between cheering during Olympic events, people seemed to reminisce about home and seemed content to share poutine and plates of nachos with strangers from the homeland.

The Maple Leaf pub in Covent Garden in London, England. LAURA FORTEY/FOR METRO

Moosehead, poutine & caesars

There's a familiar feeling to the Maple Leaf pub in London. The walls are cluttered with Canadian sports gear, Canadian flags hang from the ceiling and menu items include poutine, Molson Canadian, Moosehead and a specialty wing night. It's usually busy on Canada Day and has become the place to cheer on Canadian Olympians.

Once owned by Molson, the Maple Leaf just celebrated its 30-year anniversary. General manager Luigi Palnieri said Canadians come for the food, beer and familiarity. It might be the only place in town to get a caesar.

How authentic is the fare?

"Although they try, the poutine isn't as good as it could be because cheese curds don't pass the food safety laws in the U.K., so they have to use normal cheese," said Maple Leaf bartender Richard Hinton from Scarborough, Ont.

The Maple Leaf is popular with Brits as well.

"British people just love this pub and come here for the Canadian attitude," said Scott Palmer, a Calgarian-Londoner who wore a bear suit to the Canada vs. U.S. women's soccer game on Monday.

Although general manager Palnieri is not Canadian, he said he loves working at the Maple Leaf and never has trouble finding or keeping Canadian staff, who make up 90 per cent of the employees. "I love Canadians. They are always so friendly and smiling and they work hard."

LAURA FORTEY/FOR METRO

Taste of home

Expats crave Timmies coffee, KD

A few doors down from the Maple Leaf pub is a Canadian food store that is popular with expats looking for a taste of home. The shop started as an Australian food shop and over the years added South African, New Zealand and Canadian items to its stock.

Kraft Dinner sells for $2.65 at the Canada Shop. LAURA FORTEY/FOR METRO

"Sometimes I go to the Canadian food shop just to get Clamato juice to make caesars. It's the only place I can get it," said Sarah Weber, a Londoner originally from Orillia, Ont. Ty Flavell, business manager of the shop, said Canadians get really excited to see items from home, especially Tim Hortons coffee, Kraft Dinner and Lay's Dill Pickle chips. "Over the past week Canadians have been rushing in here last minute for Canadian flags to wave at the Games," said Flavell. The cost of home?

- Tim Horton's coffee (343g): $17.55
- Lay's chips (40g): $2
- Cleary's Maple Syrup (250mL): $12.70
- Cans of Molson Canadian: 1=$3 6=$16.40 24=$58.50.

LAURA FORTEY/FOR METRO

Canada Shop manager Ty Flavell with two best-selling items — Kraft Dinner and Tim Hortons coffee. LAURA FORTEY/FOR METRO

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Shooting suspect was white supremacist: Rights group

Tragedy. Wade Michael Page shot dead by police after six were killed by gunfire at Sikh temple

Quoted

"To see our community to go through something like this is numbing."

Gurpreet Kaur, 24

The gunman who killed six people at a Sikh temple in Wisconsin and was killed in a police shootout was a 40-year-old army veteran, officials said Monday, and a civil-rights group identified him as a "frustrated neo-Nazi" who led a white-supremacist band.

Police called Sunday's attack an act of domestic terrorism. The FBI said there was no reason to think anyone else was involved in the attack, and they were not aware of any past threat made against the temple.

The shooter was Wade Michael Page, said First Assistant U.S. Attorney Greg Haanstad in Milwaukee. Page was discharged from the army in 1998 and declared ineligible to re-enlist, according to a U.S. defence official who spoke on condition of anonymity because he was not authorized to release information about the suspect.

Officials and witnesses said the gunman walked into the Sikh Temple of Wisconsin and opened fire as several dozen people prepared for Sunday-morning services. Six were killed, and three were critically wounded.

The federal Bureau of Alcohol, Tobacco, Firearms and Explosives said the gunman used a legally purchased 9mm handgun and multiple magazines of ammunition. Local authorities said they had no contact with Page before Sunday.

THE ASSOCIATED PRESS

People console each other on Monday near the Sikh Temple of Wisconsin where the day before a gunman fired upon people at service in Oak Creek, Wis. **Inset: Wade Michael Page.** MAIN: DARREN HAUCK/GETTY IMAGES; INSET: FBI/THE ASSOCIATED PRESS

Syria. More signs regime 'crumbling' as PM defects

Syria's prime minister defected on Monday, evidence that the widening cracks in President Bashar's Assad's regime have reached the highest echelons of government.

Riad Hijab — who planned the break for months, according to an aide — is the highest-level political figure to switch sides and is certain to encourage rebels after a string of military and diplomatic figures abandoned the regime. A Jordanian official and a rebel spokesman said he fled to Jordan. A senior U.S. official said the defection is more evidence that the Assad regime "is crumbling."

Quoted

"The prime minister defected from the regime of killing, maiming and terrorism. He considers himself a soldier in the revolution."

Mohammad Otari, Riad Hijab's spokesman.

THE ASSOCIATED PRESS

Egypt vows to take on Islamists

Egypt pledged Monday to take on Islamist militants who have turned the Sinai peninsula into a lawless haven and are suspected of killing 16 Egyptian troops as the fighters were en route to a failed assault on neighbouring Israel.

But the goal of reining in jihadists in Sinai is complicated by limits on military activity in the area under the 1979 peace treaty with Israel and by tensions between Egypt's Islamist President Mohammed Morsi and the country's powerful military.

"The armed forces have been careful in the past months and during the events of the revolution not to shed Egyptian blood," said a statement by the military. "But the group that staged this attack is considered by the armed forces as enemies of the nation who must be dealt with by force."

Morsi, who is enmeshed in a power struggle with the military leadership, pledged he would make the killers pay for their crime and would restore security to Sinai, home to several of the most popular Red Sea resorts in Egypt.

U.S. Defence Secretary Leon Panetta, who visited Egypt last week and met with its new leaders, said the U.S. had concerns about security threats in Sinai. Egypt has seen a sharp deterioration in security throughout the country since the uprising that ousted Hosni Mubarak in February 2011 and drove the hated police force from the streets.

Like Egypt's enormous economic, social and political problems, the security crisis has been left to fester over the last 18 months while the military rulers who took power from Mubarak faced off against Islamists led by the Muslim Brotherhood who won both parliamentary and presidential elections in the transition period. THE ASSOCIATED PRESS

Security in Sinai

Even before the uprising, there was rampant lawlessness in Sinai.

- The problems stem from resentment among the native Bedouins over what they see as police heavy-handedness and the lack of adequate government services.

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Quebec. Political party gives the boot to the Canadian beaver

Who could resist a cuddly cartoon Canadian beaver, purring as it rubs against your leg with a broad, buck-toothed smile creasing its face underneath a Mountie stetson?

The political party Quebec solidaire, that's who.

In fact, in an election ad designed to put to rest doubts about its support for Quebec independence, a stick figure gleefully boots the furry national rodent right off the screen.

The crudely drawn cartoon ad has been posted to the Internet and is one of five that the small left-wing party says is aimed at clearing up misconceptions about it.

The party has been under attack lately by opponents who accuse it of selling out the independence movement.

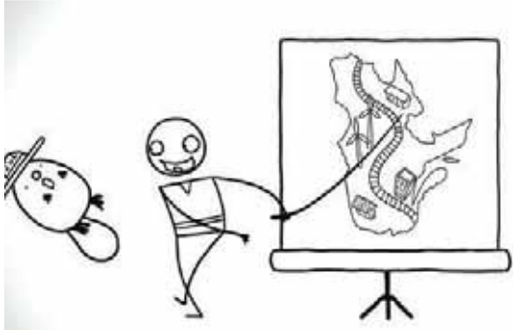
"There are rumours that members of Quebec solidaire drape themselves in the Maple Leaf and hold questionable ties to beavers," says the ad's narrator. "In fact, that's not quite the case."

THE CANADIAN PRESS

Quoted

"The Quebec solidaire program is very clear on the fact that it's independentist."

Sound bite from new advertisement



A stick figure kicks a stetson-wearing beaver in a scene from a promo spot on the Quebec solidaire website. THE CANADIAN PRESS/HO

Olympic distraction

Bottle-thrower no longer welcome

An Olympic spectator accused of hurling a plastic bottle onto the stadium track seconds before the men's 100-metre final pleaded not guilty Monday to creating a public nuisance.

District Judge Angus Hamilton banned Ashley Gill-Webb, 34, of Leeds in northern England, from any Olympic venue and the entire Olympic Park for the duration of the Games.

Gill-Webb's actions enraged Dutch judo bronze-medal winner Edith Bosch, who was inside the stadium near him. She told Dutch TV she intervened after the bottle was thrown and pushed Gill-Webb in the back, causing her to miss the race.

Police said Gill-Webb is alleged to have also shouted abuse before hurling the bottle. THE ASSOCIATED PRESS

Scientists get glimpse of Mars rover images

Touchdown. NASA's seventh landing a success after 'seven minutes of terror'

The robotic explorer Curiosity's daring plunge through the pink skies of Mars was more than perfect. It landed with spectacular style, said a NASA scientist who described the first images of its gymnastics through the so-called "seven minutes of terror."

Hours after the U.S. space agency learned the rover had arrived on target late Sunday, engineers and scientists got the first glimpses of the intricate manoeuvres it made to hit the Martian soil safely.

"It's a spectacular image," said NASA research scientist Luther Beegle. The photo, taken from an orbiting Mars spacecraft, shows Curiosity dangling from its supersonic parachute as it descended.

Extraordinary efforts were needed for the landing because the rover weighs about one ton, and the Martian atmosphere is very thin, not offering much friction to slow the spacecraft down.

The arrival was an engineering tour de force, debuting never-before-tried acrobatics as Curiosity sliced through the Martian atmosphere at 20,900 km/h.

Cheers and applause echoed through the NASA Jet Propulsion Laboratory after signals from space indicated Curiosity had survived the plunge.

"Touchdown confirmed," said engineer Allen Chen. "We're safe on Mars."

It was NASA's seventh landing on Earth's neighbour; many attempts by the U.S. and other countries to zip past, circle or set down on Mars have gone awry.

Telecom engineer Peter Llott, centre, hugs a colleague to celebrate the successful landing of NASA's Mars Science Laboratory Curiosity rover inside the Spaceflight Operations Facility at the Jet Propulsion Laboratory in Pasadena, Calif., Sunday. BRIAN VAN DER BRUG/POOL/THE ASSOCIATED PRESS

In a Hollywood-style finish, cables delicately lowered the rover to the ground at a snail-paced 3.2 km/h. A video camera was set to capture the most dramatic moments.

The extraterrestrial feat injected a much-needed boost to NASA, which is debating whether it can afford another robotic Mars landing this decade. At a budget-busting $2.5 billion, Curiosity is the priciest gamble yet, which scientists hope will pay off with a bonanza of discoveries and pave the way for astronaut landings.

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A scientist describes the first images of Curiosity's gymnastics through the so-called "seven minutes of terror." Visit metronews.ca to watch the slideshow.

Mission to Mars

Canada plays a role

NASA's Mars rover Curiosity will use a Canadian-made instrument the size of a soup can to gather information that will help Earthlings answer importation questions about our own planet, according to the Canadian Space Agency.

"The object of the mission is to see if Mars ever had, or still has, the conditions to support life," Canadian Space Agency director of space exploration projects Stéphane Desjardins said Monday. "What happened to Mars? How come it lost its atmosphere? It's important to find out about that, since both planets, we believe, were similar."

One of the first images taken by NASA's Curiosity rover after it landed. NASA/GETTY IMAGES

Curiosity's built-in-Ontario Alpha particle X-Ray Spectrometer, attached to a robotic arm, will play a key role in collecting data, Desjardins said.

JESSICA SMITH/METRO IN OTTAWA

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‘This is serious,’ Japan’s nuke-plant chief says on video

Heavily edited. 150 hours of footage has workers’ faces obscured and beeps masking voices and other sounds

The command centre at Japan’s stricken nuclear plant shook violently when hydrogen exploded at one reactor, and the plant chief shouted, “This is serious! This is serious!” videos taken during last year’s crisis reveal.

Tokyo Electric Power Co. initially refused to release the footage, but the company is now under state control and was ordered to do so.

The videos, seen Monday, are mainly of teleconferences between company headquarters in Tokyo and staff at the Fukushima Dai-ichi nuclear plant after the March 11, 2011, tsunami critically damaged its reactors.

Fukushima Dai-ichi nuclear complex in northeastern Japan. TOKYO ELECTRIC POWER CO./THE ASSOCIATED PRESS FILE

In the videos, then-plant chief Masao Yoshida can be heard complaining about phone calls to the prime minister’s office not getting through and expressing frustration over interference from government nuclear-safety officials whose technical advice didn’t fit conditions at the stricken plant.

The footage reveals communication problems between the plant and the government as well as workers’ lack of knowledge of emergency procedures and delays in informing outsiders about the risks of leaking radiation.

Just after the Unit 3 explosion, plant officials and TEPCO executives discussed extensively whether to call it a hydrogen explosion. The videos also showed they failed to notify officials outside TEPCO and residents about the March 14 meltdown at another unit, No. 2, or even provide data crucial for evacuation.

TEPCO made a 90-minute video of selected clips available for download.

THE ASSOCIATED PRESS

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Food prices could spike by 4% in 2013

U.S. drought.
Economists predict extreme temperatures in the Midwest will affect food production on all levels

A drought-damaged ear of corn in Westfield, Ind., Wednesday.
MICHAEL CONROY/THE ASSOCIATED PRESS

Food prices may grow by as much as four per cent next year, economists predict, as drought conditions in the U.S. are expected to inflate the cost of everything from pork to cereal.

Extreme drought conditions in several U.S. Midwest states are causing corn and soybean crops to wither, and analysts say the effects will ripple through the food chain.

Tim Hortons raised the price of certain baked goods and lunch items last week, citing higher operating costs and pricier ingredients.

The coffee-and-doughnut chain said the price of a muffin is five cents higher, while sandwiches have gone up by about 10 cents. The price of coffee has not changed.

And Maple Leaf Foods president and CEO Michael McCain warned last week that the food processor will have to jack up its prices.

Because Maple Leaf buys ingredients in advance, consumers likely won't see higher prices for its products until the end of this year, McCain said.

THE CANADIAN PRESS

Safety regulation

Don't drink and fly

Australia's air safety regulator says Qantas Airways Ltd. has suspended a pilot for attempting to fly while under the influence of alcohol.

The Civil Aviation Safety Authority said Monday the woman exceeded the limit for pilots of 0.02 per cent.

The blood-alcohol limit for driving in Australia is 0.05 per cent.

THE ASSOCIATED PRESS

Electronics retailer

Best Buy going private?

Best Buy's founder Richard Schulze said Monday he wants to take the electronics retailer private by buying up all of its shares he doesn't already own in a deal that values the company at $8.84 billion US. Schulze said he wants to pay between $24 and $26 per share for Best Buy. THE ASSOCIATED PRESS

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LIVE FROM LONDON: KEEP CALM AND LINE UP

SHE SAYS...
Jessica Napier
metronews.ca/voices/she-says

This week I'm reporting live from London, England, at the 2012 Summer Olympics. No, not because some glamorous media organization paid for my airfare and hotel expenses in exchange for my witty sports commentary, but because my cousin decided to get married. In England. During the middle of the Olympics. Did I mention he's actually from America? You've got to love family.

Yes, I have the distinct pleasure of being an unintentional tourist in a city gripped by Olympic madness. As a less-than-enthusiastic sports fan — I'd prefer to watch an intense episode of Big Brother over an hour of long jump — it's rather ironic that I've found myself in the epicentre of the world's largest sporting event.

Medal-worthy travelling

"Having never travelled to an Olympic host city during the actual Games (because why would you?), I thought this would be a remarkable new experience."

Having never travelled to an Olympic host city during the actual Games (because why would you?), I thought this would be a remarkable new experience. Sure, my plane tickets were twice as expensive, and all the hotels have been reserved for the Sultans of the International Olympic Committee and their assorted entourages, but how exciting to be in the heart of London where all the action is taking place.

I read in the Daily Mail that there are almost twice as many troops on the streets of London compared to the U.K.'s current deployment in Afghanistan. When I arrived, I expected the city to look as if it decided to host a fortnight's worth of New Year's Eve parties during the Second World War and invited the entire planet to come watch.

In reality, I haven't seen any army folk, although that could be because they have been positioned to fill empty stadium seats. I actually have no idea if the Olympics are still happening. I've spent hours stuck in lineups (sorry, we're in England, so "queues") and squished into packed buses with sweaty spectators and disgruntled commuters. Every day is my own personal marathon of patience and endurance.

Rumour has it that there are some actual sporting events going on in the east end, but the teenage hooligans hurdling over the turnstiles at King's Cross are the closest I've come to witnessing any impressive athletics.

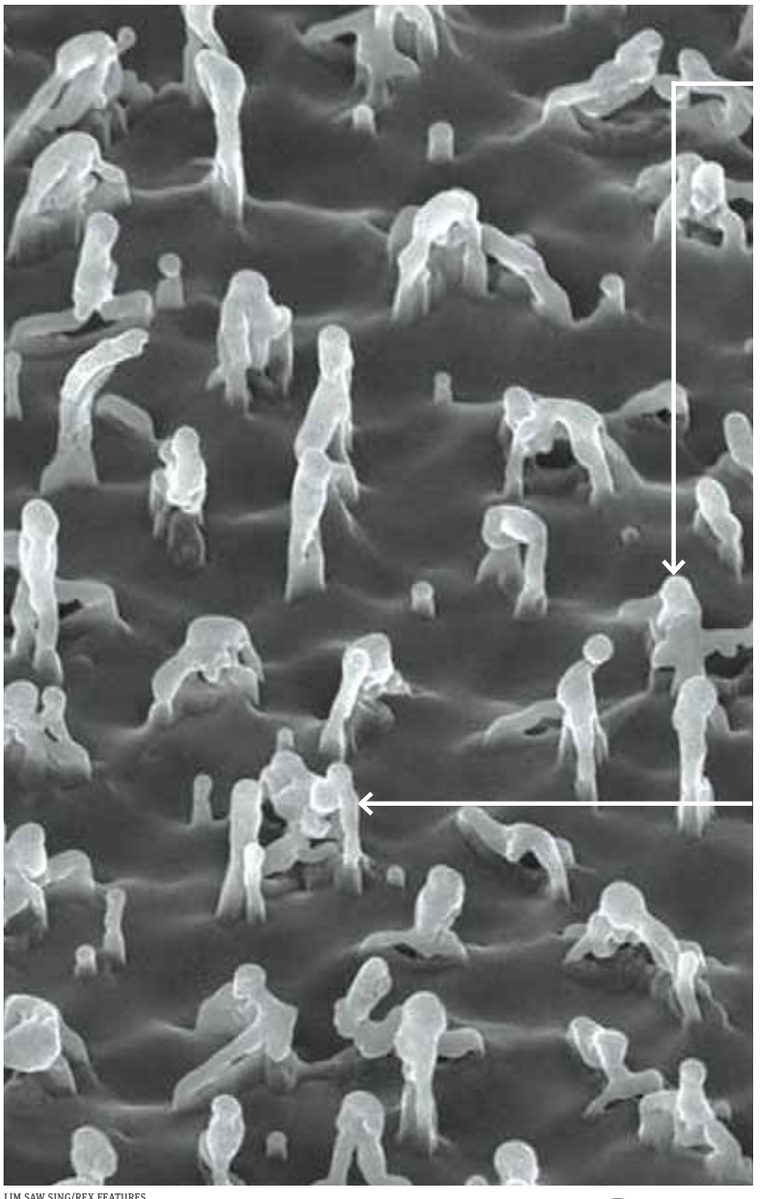
In the end, the crowds and the traffic jams and even the rain have not dampened the spirits of the British sports fans. Most of them have kept a stiff upper lip about the city-wide takeover; the rest of them have taken off to various other European destinations to escape the pandemonium.

My main coping strategy to survive the mania? Find the closest pub, order a pitcher of Pimm's and join the locals in cheering on the men and women of Team GB.

Follow Jessica Napier on Twitter @MetroSheSays

A little lost in London? Cheer for Team GB to mesh with the crowd.
DAN KITWOOD/GETTY IMAGES

'Nudist beach' under the microscope



LIM SAW SING/REX FEATURES

Electric orgy?

Semiconductor nudes win contest

This curious photograph appears to show a large orgy of naked people frolicking on a beach. But it's actually an electron image taken under the microscope. The bizarre shot is the winner of the Art of Failure Analysis photography competition, run by the IEEE (Institute of Electrical and Electronics Engineers). METRO

Contest facts

- The contest sees engineers showing the fun side of their research in microelectronics technology. The analysts work on "failure analysis," the process of investigating why a particular electronic component fails.
- The main judging criteria is the aesthetic aspect of the image.

Nudist colony

What the image actually depicts

The winning image, entitled People on the Beach by Lim Saw Sing, who works at German semiconductor manufacturer Infineon Technologies' facility in Kulim, Malaysia, depicts a polyimide surface after exposure to reactive ion etching and sputter coating. But for Sing, the image of the semiconductor shows nudists cavorting on a beach. METRO

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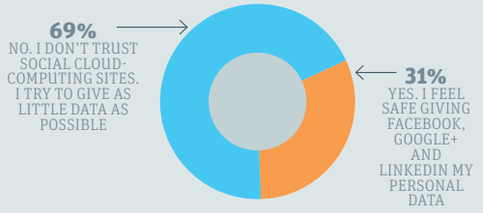
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@Chrisgenge: Where are the Canadian hooligans? Lol #badref #olympic2012 #soccer #Teamcanada

@SuzanneHajdu: I think the US has an extra player on the field right now in #womenssoccer and she is wearing a red jersey. #London2112 #Olympics

@Waawaate: My heart is a little broken to hear Mary Spencer already lost. :(

@Lesley_Varga: One of the best games ever! (Except for refs) #womenssoccer

@kristianjaksic: #petpeeve People who joke about the culture surrounding #caribana but are really just hiding their racist intentions

@dialabottle: #fullheelkick what game is ref watchin'. Red card for Womback! She was reckless... #CanWNT

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ADR. 501 70 – Court Documentation and Process
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ADR. 502 70– Administrative Tribunals: Practice
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Gain an understanding of the rules of natural justice and the laws and procedures applicable when a matter is heard before an administrative tribunal rather than in the traditional court system.

ADR. 503 70– Ethical Issues in ADR
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ADR. 504 70– Advocacy Skills for ADR Professional
Wednesday, Sept. 5 – Dec. 17 (45 hours) | 4:20 pm - 6:55 pm
An introduction to advocacy skills, this course will focus on students gaining the public speaking skills required for the role as a conflict resolution professional.

ADR. 505 70– Community Mediation
Thursday, Sept. 6 – Dec. 13 (45 hours) | 4:20 pm - 6:55 pm
This course will examine the impact conflict has on one's community and the role a mediator plays in assisting the community to resolve the conflict.

DVD reviews

Dr. Seuss' The Lorax

Directors. Chris Renaud, Kyle Balda

Stars. Zac Efron, Taylor Swift, Danny DeVito

It has Dr. Seuss in the title, but not in its soul. This CGI-rendered and 3D-padded screen adaptation of The Lorax,the eco-themed 1971 tale by the late Dr. Seuss, feels like just another studio cartoon. There's loads of bright colour, but little of the enchantment of more Seussian screenfuls. The Lorax presents a walled and tree-less place named Thneed-Ville, a synthethic suburb where people worship plastic instead of plants. Not everyone, though: teen cutie Audrey (Taylor Swift) yearns for a real tree, and her lovestruck swain Ted (Zac Efron) aims to oblige.

He sets off on a voyage outside Thneed-Ville's confines. The enviro message is all to the good, but the characters just don't do Seuss justice.

PETER HOWELL

Marley

Director. Kevin Macdonald

Stars. Bob Marley, Ziggy Marley, Jimmy Cliff

A leisurely but thorough biodoc of Jamaican reggae great Bob Marley, showing how the humble man became the superstar artist. Oscar-winner Kevin Macdonald (One Day in September) canvasses every aspect of Marley's brief life. Everyone's heard from, including Marley's widow Rita and a couple of his former mistresses. PETER HOWELL

David Krumholtz and Michael Urie star in the TV series Partners, a buddy comedy, premiering in September on CBS. CBS, MATT KENNEDY/THE ASSOCIATED PRESS

'It's like there should be a show about it!'

Laughing at real life.
New sitcoms draw inspiration from their creators' worlds

Partners

"I think every gay man should have a straight man in his life."

Max Mutchnick, co-creator with David Kohan of the new CBS series Partners. The best-friends dynamic in the TV comedy is inspired by the friendship of Mutchnick and Kohan.

Got a goofy older brother? Parents you still live with even though you're grown up? An unconventional friendship?

If so, you're too late to turn those ideas into a hit sitcom.

But while you comb your life for something else to fuel a comedy that a network will love, consider three fall sitcoms spawned from the personal lives of their creators.

CBS' Partners explores the lifelong friendship of Louis, who's gay, and Joe, who's straight, as they navigate their architecture business and their respective romantic ties. Their best-friends dynamic is inspired by the friendship of Max Mutchnick and David Kohan, who met in high school and, after partnering as TV producers, co-created shows including the megahit Will & Grace.

There's no attempt to hide the lineage of Fox's Ben & Kate. It's the tale of a free-wheeling brother, Ben, who comes back into the life of his single-mother younger sister, Kate, to serve as a surrogate dad while continuing his lifelong role as a mischievous child. The show is based on the relationship of its creator, Dana Fox, with her own big brother, whose name is, yes, Ben.

Meanwhile, ABC's How to Live with Your Parents for the Rest of Your Life finds a young mom from a broken marriage seeking refuge at her parents' with her young daughter. It was drawn from the domestic situation of creator Claudia Lonow, who well into adulthood and despite career success, including producing the sitcom Less than Perfect, continues to live with parents she describes as "charismatic," "super entertaining" and "very weird."

"I've been living there for 15 years, and I've been (developing) the show for about 12," Lonow told reporters this week at the Television Critics Association conference.

Like Polly (played by Sarah Chalke), who descends on TV parents Brad Garrett and Elizabeth Perkins, "I did show up at their doorstep and say, 'I hope this isn't a bad time for YOU, because it is for ME.'

"They reacted like any loving mother and stepfather would," Lenow recalled, and took her and her daughter in.

"We slept in the weight room on a cot for a while. And then, when it was time for my daughter to go to grammar school, I bought a house with them. I know it was crazy," she said with a laugh.

"It's like there should be a show about it!"

Sitcoms that smack of autobiography are nothing new, of course. I Love Lucy, 60 years ago, took its cue from the show-biz-infused marital life of Lucille Ball and Desi Arnaz.

But Dana Fox has been gathering material for Ben and Kate since the cradle thanks to her brother, Ben, who's two years her senior.

She describes him as a "Ferris Bueller-type guy ... a really, really smart guy who intentionally does incredibly dumb things that would get us into so much trouble. "He usually has a totally bizarre logic to all of his behaviour."

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Wildlife fan Betty White loved The Lorax's environmental message

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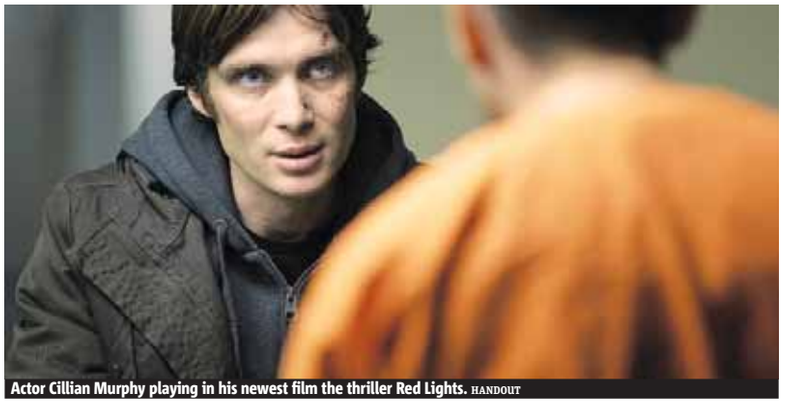

Actor Cillian Murphy playing in his newest film the thriller Red Lights. HANDOUT

Irish star back on the good side in new flick

Paranormal thriller. After his cameo in The Dark Knight Rises Cillian Murphy talks about his latest role

HEIDI PATALANO
Metro World News in New York

Cillian Murphy's crystal blue eyes, high cheekbones and warm Irish brogue are well enough to beguile even the casual fan.

And though of late he's been known more for playing the baddie in the likes of Inception and In Time, his latest turn, in Rodrigo Cortes' film Red Lights, finds him back in good graces.

He plays Tom Buckley, a scientist and paranormal investigator who goes toe to toe with a renowned psychic (played by, ahem, Robert DeNiro) who Buckley suspects is a fraud.

Murphy's character, though out to disprove those who claim to be clairvoyant, has a fascination with magic and sleight of hand.

That left Murphy with the task of mastering a few slick tricks like the old pull-the-quarter-out-of-your-ear that your grandpa used to do.

"I just went and learned it and you know, you can learn anything off YouTube these days," Murphy says.

"To get that fast, (it took])maybe two months. If you have nothing else to do in your life except to make a coin roll over your fingers, you'll do it."

Since Murphy has starred in his fair share of mind-benders, does the actor perhaps have a fascination with science fiction?

Not a cynic, but...

"I have yet to see something that I believe is beyond our comprehension."

Actor Cillian (pronounced "Killian") Murphy on science fiction and the paranormal

"Personally, I would be in the skeptic camp — which is not to say that I'm a cynic, but just that I have yet to see something that I believe is beyond our comprehension," he says regarding the paranormal.

"I'm open and I'm curious, because you have to be if you're an actor. In my own life, I don't go to mediums or read horoscopes. I'm just kind of boringly rational, I'm afraid."

With the final installment of Christopher Nolan's Batman series in theatres, before its release Murphy was keeping mum about whether his character from the first film, the Scarecrow, made a cameo in the last.

He does make a darkly humorous cameo in The Dark Knight Rises. And he has high praise for the filmmaker. "It's rare that you come across someone that talented."

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Matthew McConaughey gets into the mind of a killer cop

Matthew McConaughey stars in Killer Joe. HANDOUT

Killer Joe.

McConaughey admits he was initially 'disgusted' while reading the script for his latest film

NED EHRBAR
Metro World News in Hollywood

When Matthew McConaughey first read the script for his latest film, Killer Joe, he had a very immediate — and very negative — reaction.

"My first read, I was disgusted. I remember throwing it in the trash and going to take a shower and wishing I had a steel brush," the actor admits.

"And then I have some people that I work with whose opinion I really appreciate, and they had read it at the same time and I talked to them that afternoon, and they were in love with it."

While McConaughey admits he didn't see what they saw, he was persuaded to give the script — based on a play by Tracy Letts — another shot.

"They were laughing at the humour, and I was like I don't get what's funny,'" McConaughey remembers.

"I gave it two days and let it get out of my system, and I read it again and found myself sort of chuckling, and I had a few laughs, then I started really to see the hilarity in it. And then I met with (director William Friedkin) for an hour. He was so precise about what he wanted that's when I ... went to work on it."

McConaughey stars as the Joe of the title, a cold and calculating Dallas homicide detective who moonlights as a hired killer — a frosty menace.

Texas tales

"Where we grew up, that's what dinner was — storytelling time."

Actor Matthew McConaughey says Texans are born storytellers. Killer Joe is yet another project set in his native Texas

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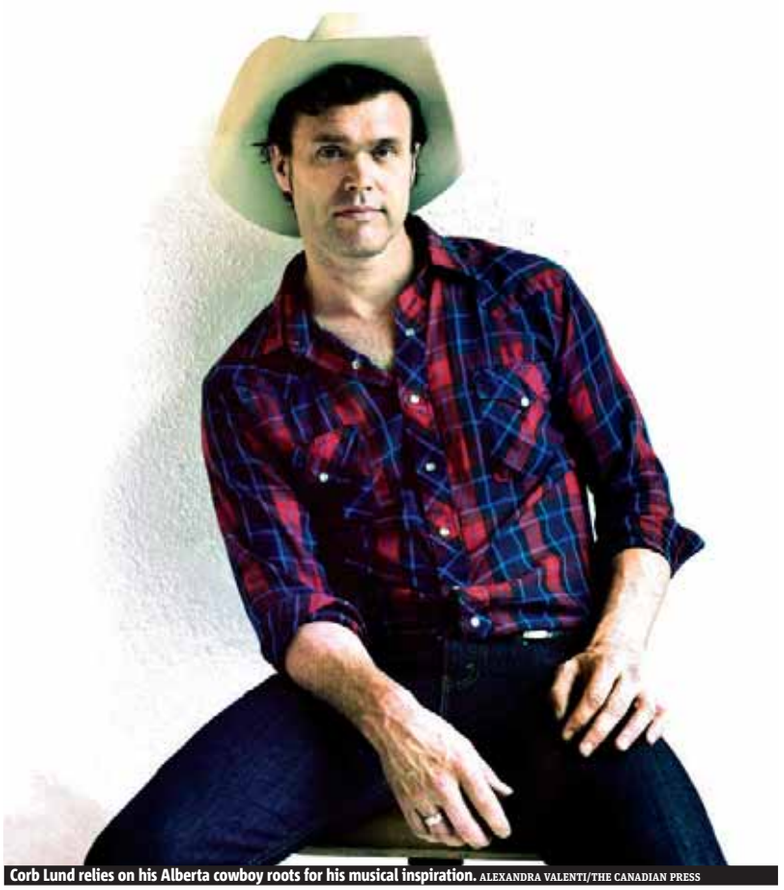

Corb Lund relies on his Alberta cowboy roots for his musical inspiration. ALEXANDRA VALENTI/THE CANADIAN PRESS

Cowboy Corb Lund changes his tune for seventh album

Recorded collectively.
Bonus CD of acoustic tracks included to show band's versatility

Three years ago, Corb Lund began a long struggle to produce his seventh studio album.

"I was just hitting a wall after the sixth record," the 43-year-old country artist said in a recent interview. "I was really stumped for awhile."

For the first year and a half of the album-writing process, Lund spent time living in Las Vegas, New York City and Austin, Texas. He then retreated to the northern Alberta log cabin he built with his aunt and uncle. After he finished writing the songs, Lund brought them to a recording studio in Edmonton. His touring band, Corb Lund and the Hurtin' Albertans (bass player Kurt Ciesla, guitarist Grant Siemens and drummer Brandy Valgardson) spent only two weeks recording the songs for the album, aptly named Cabin Fever.

Quoted

"I get bored easily. I try to make records interesting."
Corb Lund

"After being out there (in the cabin) by myself for a few weeks, you start to feel a little snicky," he says of the title.

The song recording followed a unique format. Lund and his band members had always recorded songs in layers, meaning each member plays their part and it gets recorded separately. But this time, Lund says they were tired of that and wanted to do something different.

"We did everything at the same time," he says of recording the songs together.

Cabin Fever features a second CD with the same songs as the first, but done completely in acoustics.

"I think it showcases a different side of the band," says Lund. "My guys are versatile and it helps display that."

Lund draws on inspiration for his lyrics through his family history. "My grandpas were ranchers and my dad's a cowboy too," he says. "They used to sing these old trail songs, these old ballads."

It wasn't long before Lund realized he could pick up his guitar and play these cowboy songs. Although this is where his inspiration comes from, Lund says there is no overall theme for the album.

"I get bored easily," he says. "I try to make records interesting."

Corb Lund and the Hurtin' Albertans will headline the Edmonton Folk Festival on August 12.

THE CANADIAN PRESS

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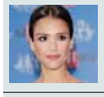
Prince William able to avoid 'kiss cam' so far

Prince William

Prince William may be used to living his life in public as a member of the royal family, but that doesn't mean he's thrilled about public displays of affection — especially when it's broadcast on a massive screen at an Olympic event. "I was absolutely dreading they were going to come and show myself and my wife, and that would have been very embarrassing," William says of the idea of he and Kate Middleton showing up on the "kiss cam" at London's Olympic Velodrome. So far, they've evaded the cam's gaze.

Twitter

@wossy
Am playing a drinking game called Ring of Fire. With my children. I am the posemaster.



@jessicaalba
Got to get showered dressed & out the door family in tow in 20 min - GO!

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Fighting words from Elton John

THE WORD
Monica Weymouth
scene@metronews.ca

We're professional gossips over here. Trash talking, unnamed "sources," Twitter fights among grown men: It all comes with the territory, and there's not much that surprises us in this post-Real Housewives world. Except, of course, for Mean Girl at Large, Elton John.

During an interview with Australian TV host Molly Meldrum, Elton let loose when discussing Madonna.

"Why is she such a nightmare? Sorry, her career is over," he said. "Her tour has been a disaster and it couldn't happen to a bigger c—."

We feel a back-handed compliment coming on: "If Madonna had any common sense she would have made a record like Ray Of Light and stayed away from the dance stuff and just been a great pop singer and make great pop records, which she does brilliantly," he continued. "But no, she had to go and prove she looks like a f—ing fairground stripper."

Now, do we agree with him? No. But we do respect his expertly conjured tornado of British crankiness and rhinestone platforms.

Macaulay Culkin ALL PHOTOS GETTY IMAGES

Culkin not Home Alone as tabloids claim illness

While tabloid stories claim he's dealing with a massive heroin addiction, Macaulay Culkin made an appearance over the weekend at Natalie Portman's wedding in Big Sur, Calif., according to Us Weekly. Culkin and Portman have been close friends for years, and the Home Alone star was spotted in February playing with Portman and her infant son, Aleph — right around the time photos surfaced of him looking gaunt and thin, sparking rumours about health issues.

"Macaulay Culkin is in perfectly good health," his rep said at the time. Culkin also popped up this week looking energetic and happy in a YouTube video promoting Macaulay Culkin's iPod, a monthly party he hosts at a bar in New York City.

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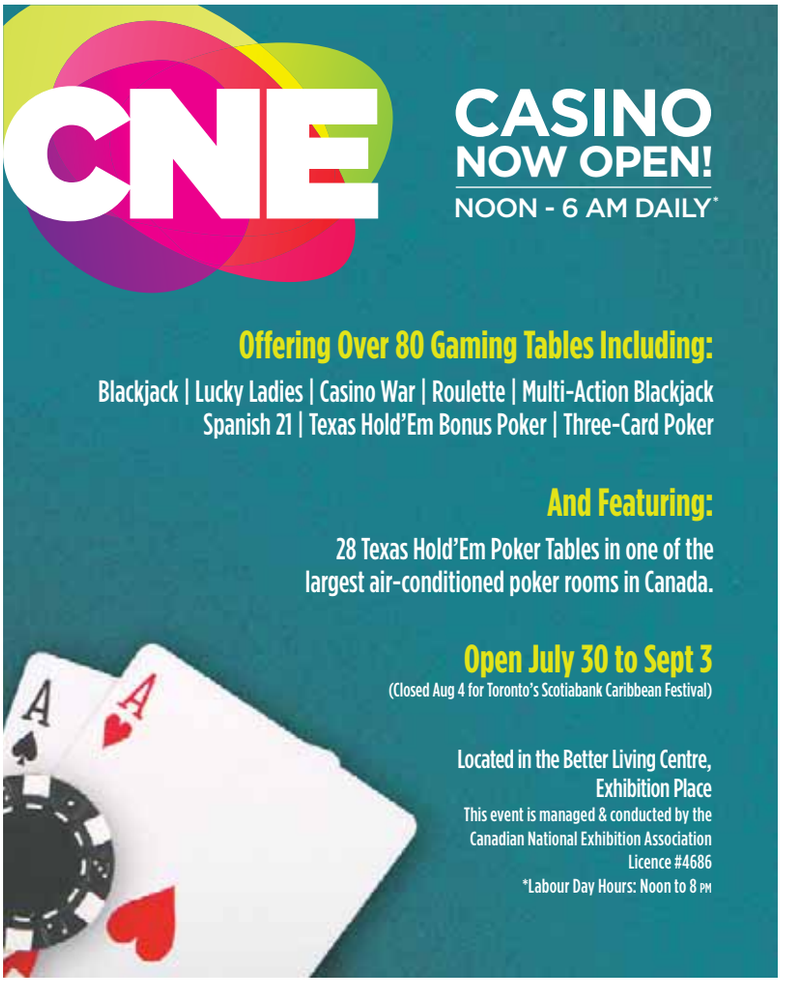
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You can still enjoy the weather while doing a number of different workouts. ISTOCK PHOTOS

Intense training can keep that summer sagging away

30 minutes every day. You don't need to put in big workouts to keep in shape in the summer but you do need consistency

CELIA MILNE
life@metronews.ca

"I don't have time" doesn't cut it as a reason to not exercise.

Short, intense workouts can hugely improve your fitness.

"Go hard for various bursts of time and then earn a few seconds of rest. These types of workouts can be done in just 30 minutes and are definitely effective," says Sammie Kennedy, CEO and creator of Booty Fit Express in Toronto. We asked her to design some cottage workouts.

People used to think you had to exercise for long periods of time (such as going for an hour-long run) to get fit.

Then, in 1996, Japanese research Dr. Izumi Tabata discovered that only 20 seconds of very intense exercise, followed by 10 seconds of rest, repeated eight times, has both anaerobic and aerobic benefits.

"High-intensity interval training (HIIT) is incredibly time efficient and can result in improved athletic capacity and fat burning," says Kennedy.

And the bonus is that it has lasting benefits.

"It can also increase resting metabolic rate for up to 24 hours after the workout has been completed."

Some exercises

These exercises can be adapted for those who have an injury. The point is to move intensely (and safely!), rest — and repeat. Here are a few Tabata-style exercises Kennedy recommends.

- **Number 1.** In the water, tread water or swim rapidly for 20 seconds, take a 10-second rest. Repeat eight times. (Have a pool noodle beside you for the break)
- **Number 2.** Sprint from the cottage to the road (20 seconds), rest for 10 seconds. Repeat eight times, back and forth.
- **Number 3.** Grab a yoga mat and get on the dock for burpees! Do 20 seconds of deadman burpees (body coming all the way down to the mat), rest for 10 seconds; repeat eight times.

Best Health

Know your family tree of health

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Do you know the health secrets your ancestors hold? Or even those of your parents? It's important information.

In the September issue of Best Health, coming to newsstands any day now, we've included a comprehensive article about how to best defend against hereditary health issues such as Alzheimer's disease, depression and stroke.

Tip #1:
Create a three-generation chart including siblings, parents, aunts, uncles, cousins and grandparents. Note beside each what known health issues they have, or had.

Tip #2:
Write down any major illness you have had, and list your lifestyle habits — healthy or not.

Tip #3:

Know your tree. ISTOCK PHOTOS

Speak with your parents about their health background, but don't be surprised if they don't really want to have the conversation — persevere. If your parents are no longer alive, ask an aunt or uncle if they know of family health issues.

Or, refer to copies of family death registrations to find out cause of death.

Tip #4:
Be organized and keep any information you've gathered in a digital document. Let other family members know what you have prepared so they can become more knowledgeable, too. For more family health background tools, pick up Best Health magazine.

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On the Web

Study describes genetic events that lead to malignant childhood brain cancers

A breast cancer diagnosis can be devastating for both a woman and her male spouse. But a study finds that men tend to find their own ways of dealing with the emotional upheaval. JASON FRANSON/THE CANADIAN PRESS

Men find other ways to cope with cancer

Nix support groups. When their wives are diagnosed with breast cancer the last thing men want to do, a study shows, is talk

They have to be among the four most dreaded words a man can hear from his wife or intimate partner: "I've got breast cancer."

While it is the woman who becomes the prime focus — her anxiety, how she endures treatment and the lingering fear of recurrence — male spouses go through their own form of emotional hell when faced with the diagnosis.

And how they cope can differ substantially from women whose male partners deliver similar news about their own cancer threat, says Wendy Duggleby, a professor of nursing at the University of Alberta, who studies the role of hope in men's ability to support their wives through cancer.

"We were surprised at the huge impact that their wives' diagnosis of breast cancer had on them," Duggleby said from Edmonton.

"Some even called it the worst thing that had ever happened in their lives," she said. "You often think about being diagnosed with cancer yourself. But they were saying this was worse."

Warren Tasker, an Edmonton-based writer and editor, vividly remembers the day in March 2007 when his fiancé Gwen Borowski told him a lump in her left breast was malignant.

"We sat in a little café here in Edmonton, she told me, and we both wept and we were scared," Tasker, 52, recalled by phone. "I was devastated. I was racked with emotion, just like anybody else would be."

But the couple put their emotional energies into making a plan to tackle the enemy — one day at a time, side by side.

"It was getting a plan and talking things through: This is what we can do. This is what we can't do. And the rest is up to nature or God or whatever you want to call it," Tasker said. THE CANADIAN PRESS

Getting away from it

Focusing on a plan of action can be a coping mechanism for many men, who can only stand by as their spouse goes through tests, surgery, chemo, radiation and more, Duggleby's research suggests.

- **The study said.** The men said talking about all their problems could make them feel worse, and they needed to take a break from the emotional roller-coaster of their partner's cancer by exercising, listening to music or going out with male buddies to sporting or other events.

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Lasagna gets all rolled up

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Instead of making the usual lasagna, opt for this Mushroom and Spinach Miniature Lasagna Rolls version. I love the idea of rolling cooked lasagna sheets to make individual servings. This is a great vegetarian dish that has all the nutrients you need.

1. Preheat the oven to 400 F.

2. Bring pot of water to boil. Add lasagna noodles and cook for about 8 minutes or until the noodles are just tender, stirring often but carefully. Drain and rinse with cold water. Set aside.

3. Coat a large skillet with cooking spray, add the oil and set over medium-high heat. Add onion and garlic and sauté for 5 minutes. Add mushrooms and sauté for 5 more minutes or just until mushrooms are no longer wet. Add spinach and allow to wilt, about 3 minutes. Remove the skillet from the heat and add the ricotta, mozzarella and Parmesan cheeses, mustard, salt and pepper.

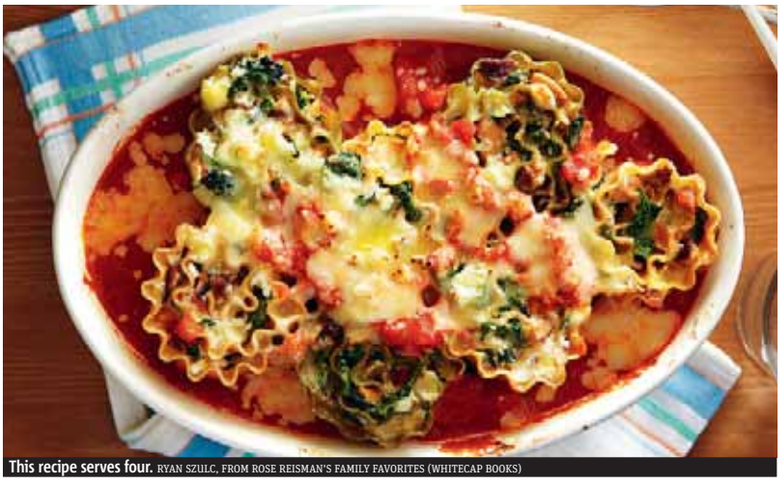
4. Place mix in bowl of food processor and pulse on and off until it is uniformly chopped.

5. Pour 1 cup of tomato sauce into a 9 x 13-inch or 11 x 7-inch casserole dish. Spread about 1/4 cup of cheese mix along length of each sheet. Roll up each noodle and cut in half. Place in baking dish with the ruffled side of lasagna facing up. Pour remaining 1/3 cup of tomato sauce over and sprinkle with grated mozzarella cheese. Cover with foil and bake to 25 minutes or just until heated through and the cheese is melted. Serve hot.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 8 lasagna noodles
- 2 tsp vegetable oil
- 1 1/2 cups chopped onion
- 2 tsp finely chopped garlic
- 3 cups chopped mushrooms
- 4 cups fresh baby spinach
- 3/4 cup light ricotta (5%)
- 2/3 cup shredded mozzarella
- 1/3 cup grated Parmesan
- 1/2 tsp Dijon mustard
- pinch of salt and pepper
- 1 1/3 cups tomato sauce
- 3 tbsp shredded mozzarella cheese



This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Health Solutions

Four steps to theme park food survival

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Theme park season is upon us and in just one careless day, you can rack up a few thousand empty calories and a pound or two. Here is how to enjoy the day without paying the price for it.

1. Choose your indulgence

Pick one indulgence and look forward to it. Denying yourself everything, all day won't work and your will power will eventually cave. Tell yourself you will indulge in (fill in the blank) at 3 p.m. and stick to it.

2. Breakfast is still most important

Don't skip breakfast. Have a full meal loaded with protein and fibre from fruit as well as whole grain bread. You will feel fuller starting out and be less tempted.

3. Pack food

If you can, pack a lunch. If you can't, order less than you think you will need and share entrées. Portions in 'fun' places tend to be even larger than our already too big plates.

If you are still at the park over the dinner hour, find a sit-down dinner spot and relax over a good meal. Stick to the one indulgence and avoid all deep fried food. Be sure to have a salad and lots of vegetables (assuming they aren't drowning in butter).

4. Walk it out

Most important: Wear running shoes and walk everywhere. A full eight hours of walking can burn 1,000 calories, which may be enough to cover your indulgence.

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Teens schooled on ending their relationships in a healthy way

Avoiding potential violence. Program aims to help kids break up without any serious acrimony

When it comes to relationships, experts say that teens are being strongly influenced by popular culture. ISTOCK

Andrew Curtin said it happened at least twice at his Boston-area high school in the last year. Angry about a breakup, a boy ended up at the school nurse's office with a broken hand after punching a locker or a wall.

"You don't think about when you see two people walking down the hall, 'Are they in a bad relationship or is it good?"' the 17-year-old Waltham High School senior said.

But he was among about 250 teenagers at a seminar at Simmons College on Thursday. And the dating advice was coming from an unlikely source: City government officials.

Boston's Public Health Commission partnered with local social service agencies to put on its third annual Break-Up Summit for teens as part of a $1 million, four-year grant from Robert Wood Johnson Foundation.

Nationwide, the $18 million program known as Start Strong is aimed at teaching teens in 11 cities to prevent dating violence by ending relationships in a way that doesn't spark negative behaviour — cheating, public humiliation, or worse.

Nicole Daley, who heads Boston's Start Strong program, said a bad teenage relationship can lead to problems like depression, low self-esteem, falling academic grades, and even unwanted pregnancies in cases where one partner tries to manipulate the other. There's also the risk of a physically dangerous confrontation.

"In popular media, cheating is seen as an excuse for violence," Daley said.

Recent studies by the Centers for Disease Control and Prevention showed about 10 per cent of students nationwide reported a boyfriend or girlfriend had physically hurt them in the last year. CDC statistics also showed that among adults who were victims of rape, physical violence or stalking by an intimate partner, 15 per cent of men and 22 per cent of women first experienced some kind of partner violence when they were between 11 and 17 years old.

Teens who were part of Thursday's seminar described a dating scene where social media can make ending relationships even more emotionally fraught. Many said that changing one's Facebook status back to "single" was the worst way to break up with a significant other.

"The world knows before you do," said Cassie Desrochers, 17, another Waltham senior.

"A relationship is personal. The whole world shouldn't know about it."

Other teens talked about breaking up by sending a text message, or being on the receiving end of one. They also spoke about fights they'd seen in their schools between students who were in competition for another student's affections, or felt jilted after a relationship ended badly.

Counsellors at the forum urged teens to communicate with partners about relationship boundaries, together defining whether they were "just texting," casually "hooking up," "friends with benefits," or in a monogamous relationship.

They also encouraged students to end relationships with face-to-face contact, and to look for signs that ongoing relationships could turn abusive.

"Now I've got all the information," said West Roxbury High School sophomore Tyler Jones, who's training as a Start Strong peer leader.

"I realize you've got to give your partner space. You don't need to be hugging up on them all day."

THE ASSOCIATED PRESS

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You Could Be Overpaying for Your Car Insurance

Each insurance company has their own rates.

A friend recently compared car insurance rates with their neighbor and was shocked to find out that he was paying a lot more. Although this may seem unfair, the reality is that there are many factors taken into account when an insurance company determines its rates and where you live is only one factor.

The car you drive has an impact on your insurance rate. While you may not know which vehicle is more or less expensive to insure, there are a few points to consider. Each car is rated based on likelihood of a crash, injury and theft. Also, the car value plays a role, as the cost to repair or replace the car may be higher for a more expensive automobile. All of these features of your car will affect your insurance rate.

Your driving record has probably one of the biggest impacts on your rate. Good drivers get the best rates because they represent a lower risk of a claim. If you have a ticket or an at-fault car accident on your record, you will likely pay a higher rate than someone with a clean record.

Where you live and where you drive also affects your insurance premium. Your postal code impacts your rate based on accident statistics in that particular area as well as the likelihood of theft. And your commute distance will likely have an impact as well, as the more time you spend on the road, the odds of an accident increase.

Most of these factors are within your control; but one critical component of insurance rates charged is the insurance company's experience with similar profiles based on all the factors. And on top of this, each insurance company can rate the factors differently making it almost impossible to tell why a rate with one company could be thousands more than the exact same policy with another company.

This means that while one insurance company may charge more in your postal code or for the car you drive, another may charge less for one or both of these factors. With so many insurance companies in Ontario, chances are you may not be with the one that can offer you the best rate for your specific profile.

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the best insurance rate is to check the costs with as many companies as possible. But who has the time to call or click with that many companies? One option to save time and money is to use a quoting site like InsuranceHotline.com, which will compare your rate against over 30 insurance companies.

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The real estate market could come tumbling down. ISTOCK IMAGES

Is the real estate market sagging? Adopt a strategy for an uncertain future

Alison's Money Rule. Saving, patience and sweat equity should spell success in housing market

YOUR MONEY
Alison Griffiths
money@metronews.ca

A financial shiver just swept across Canada. It started in Vancouver but was soon felt on the Prairies, central Canada and even the Atlantic provinces. Real estate. Is it heading for a fall?

In July the mighty west coast market blinked. Sales were down 18 per cent compared to 2011, the lowest level since 2000.

Real estate was sagging back in the Y2K days because everyone wanted technology. Then, when the tech bubble burst investors, savers and speculators piled into the only secure investment thought to exist — real estate.

What followed has been one of the longest running real estate bull markets in Canadian history. It may be over, or not. Either way those wanting to get into the market or upgrade should adopt a strategy that puts them in a good position if prices really dive. Should the market stay steady you will still be better off by reducing future debt levels.

1. Save, save, save
Building up a strong cash position is job one. Even if prices increase slightly (which they have in many markets despite sales numbers dropping), having lots of cash means a smaller mortgage. Interest rates will rise eventually and could rapidly turn an affordable abode into a financial albatross.

2. Develop skills
Sweat equity is one of the best ways to get into the real estate market or boost your real estate investment. You may not know a soffit from a joist hanger but you can learn. Offer to help friends renovate, take a course or volunteer for a community-building project. DIYers can save anywhere from 15 to 80 per cent on various repairs and renovations. With skills you can consider purchasing a fixer upper.

3. Have patience
Don't get sucked into the belief that the market will run away from you. Yes, it would have been nice to buy in Toronto or Calgary circa 1995 but it is more important to ensure you can afford what you buy 10 years from now, regardless of interest rates, than to get in before another real estate explosion.

In numbers

3-5 years

The average length of a flat real estate market following a correction or crash.

You've got high hopes to retire early, so pick it up

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

The BMO Retirement Institute released their Approach to Retirement report last week which revealed that young Canadians aged 18 to 34 have ambitious retirement plans, but nearly one third haven't saved a penny.

If you're young and don't have two nickels to rub together, pick it up!

Thankfully the report also indicates that the millennial generation, of which I am one, does think saving is important.

We've also got more tools to help us plan smarter than any generation that's come before us.

On the flip side, however, our generation struggles with higher debt levels, less job security, smaller pension plans, and greater cost of living; all of which contribute to a more pressing need to save more earlier on.

If you're budget is maxed, start small — I challenge you to save $1 per day.

I was holidaying in Victoria and Vancouver last week and over brunch near Granville Island on Sunday morning a pal brought up the subject of how massive his change collection had become.

Each day he empties the pennies, dimes, nickels and quarters from his pockets into a drawer. He averages a few dollars a day, which has grown to nearly $400 in savings.

Dig your way through pockets, check the ground or simply downsize your coffee in order to scrounge up your $1 per day.

Then grow your savings into something more substantial every few months. For example, $1 per day might turn into $5 per day if you start couponing for groceries, car-pooling and renting out your spare room.

To get ahead, experts recommend using tax-advantaged savings plans like the RRSP and TFSA. Regular automatic contributions will ensure you don't skip out on savings.

Invest the funds wisely and under the guidance of a professional money manager to achieve optimal savings results.

Forming healthy savings habits early on will ensure you've got enough dough to retire on and support a desirable lifestyle; one defined and created by you.

More Fun and Frugal

Follow Lesley on Twitter @LesleyScorgie

Saving more money earlier on in your career will help you reach those ambitious nest egg goals. ISTOCK IMAGES

Now anybody can help raise money for a cause using the crowdfunding strategy. ISTOCK IMAGES

Crowdfunding trend thrust into spotlight by Canadian campaigns

Charities. Internet-based fundraising is still a relatively new phenomenon

A burlesque troupe, a film about female Palestinian race car drivers and a bullied American bus monitor — as diverse as those topics are, they all share a common Canadian thread.

All three projects sparked crowdfunding campaigns, an Internet-based trend which gained popularity recently when a Toronto man launched a wildly successful fundraising effort for a Rochester, N.Y., grandmother.

Max Sidorov responded to heart-wrenching video posted online of bus monitor Karen Klein being tormented by a group of schoolchildren by setting up a campaign on fundraising site Indiegogo.

More than 30,000 donors responded to that effort by donating more than $700,000, far surpassing Sidorov's original target of $5,000 to give Klein a much-needed vacation.

Crowdfunding skips a step by avoiding charities, and gets money directly from a donor to the person being helped. There are fewer fundraising costs involved, but some of the organizations aren't registered with the Canada Revenue Agency, which acts as a charity watchdog, said a fundraising and volunteer management professor at Humber College in Toronto.

"If you're using crowdfunding, the moment the money is out of your bank account, you've lost all control of it," said Ken Wyman.

Fraud is a possibility, he said, because if a charity isn't registered, there is no way to guarantee where a donation is going.

"It also raises the spectre of 700,000 dollars being raised for a single person who doesn't really need it or know what to do with it in a world where 700,000 dollars could save many lives," Wyman said.

Canadian-born filmmaker Amber Fares has raised more than $26,000 on Indiegogo to fund her first feature-length film Speed Sisters: Racing in Palestine, and Toronto-based burlesque troupe Les Coquettes has raised almost $3,000 to support touring and production over the next two years. THE CANADIAN PRESS

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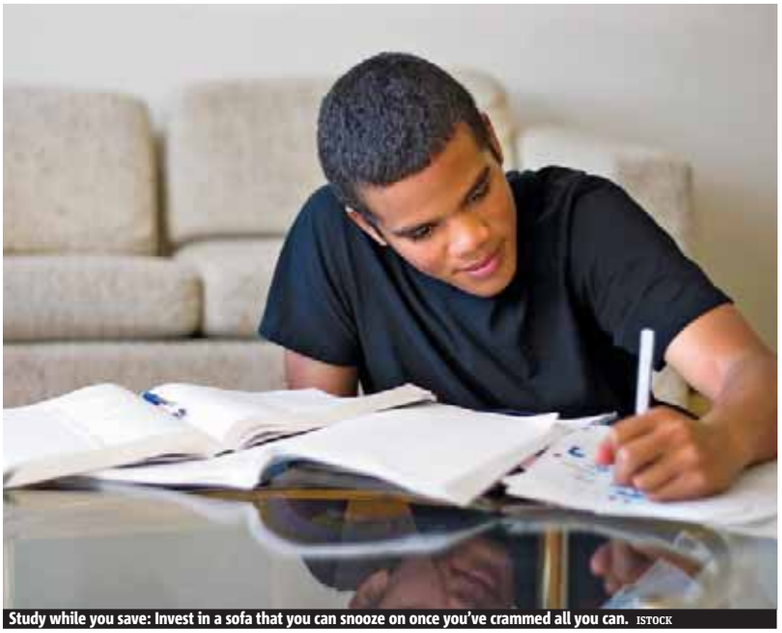
The dorm dweller's graduation

Au revoir to your residence. You've finally found your own castle off campus, so now what?

For many college kids, the dorms are home for all four years, and they're happy campers. But for many others, the opportunity to move off-campus, into an apartment or house, is a welcome lifestyle change.

Along with more autonomy and privacy, living off-campus means setting up and taking care of a kitchen, bathroom, common space and more. So once the keys are in hand, here are some tips on making the off-campus nest feel like home.



Study while you save: Invest in a sofa that you can snooze on once you've crammed all you can. ISTOCK

Planning your space

Typically, kids choose a group of friends to live with to share costs. Once the home's been secured, have a group discussion about what the common spaces will look like, advises Sabrina Soto, Target's home style expert. Come prepared with a list of things that matter to you, but "be willing to compromise," she says.

There are sure to be taste differences among housemates, so it might be best to keep common spaces neutral. Janice Simonson, an IKEA design spokesperson, points out an added bonus to doing so: "A monochromatic or limited colour scheme can go a long way towards visually calming a small, crowded space."

Paint is a good way to bring colour and life to a room, if the landlord permits. If not, look for wall decals and posters. Instead of tacking up art with pushpins or tape, use inexpensive frames for a more grown-up look.

Collecting stuff

First, see what you can scrounge from families and friends or get secondhand. Find out if your space's current renters — often graduating students — are willing to leave large items. Fill in the holes with inexpensive pieces that can take some hard living.

Two students at the Fashion Institute of Technology, Aimee Ciancarelli and Rachel Michaud, got creative when they moved into a Brooklyn, N.Y., apartment together last January.

"At Goodwill, we found a vintage phone, a shelf and some cute bottles. We got a free couch and chair from Craigslist. And we decorated the walls with our own artwork," Ciancarelli says.

Bob Koch, a senior at Ithaca College in Ithaca, N.Y., says his R2D2 trash can gave his place some character, but the best purchase was "this huge beanbag chair — it was everyone's favourite thing in the apartment."

Simonson advises "multitasking."

"Invest in pieces like a sofa bed with slipcover that can convert to an extra bed and features storage underneath," she says.

Side tables like IKEA's Lack series can be grouped, and also used as seating. Shelving units do double duty as space dividers and clutter busters.

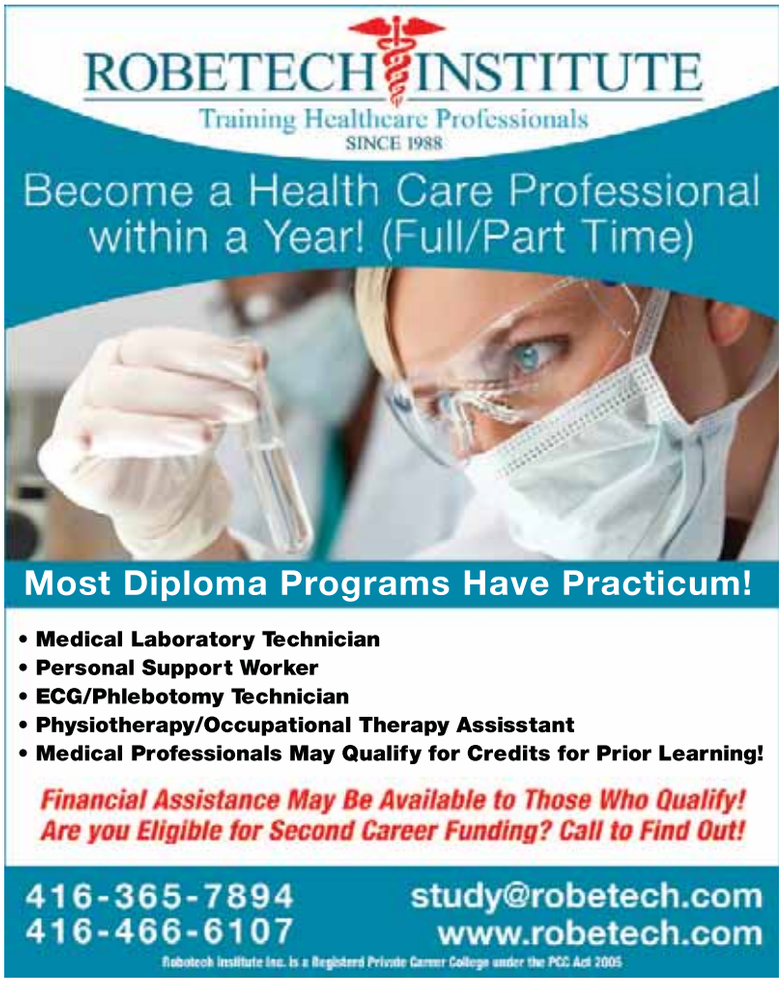
Inexpensive mirrors can work as art, space expanders and convenient primping stations in a houseful of kids when everyone's getting ready at the same time.

THE ASSOCIATED PRESS

Take-home tip

Of books and baking

A full-size kitchen will be new for most college renters. It can either be a super-size, cereal-soda-and-ramen noodle depot or a place where fun, healthy meals come from. Buy items that are durable, microwavable and dishwasher-safe.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So many applicants, but only one you

A fair chance. Be sure to arm yourself with the right skills to cruise through any career convention

JULIA WEST
Metro World News in New York

The live and in-person nature of a job fair makes for a great excuse to show off your communication skills. ISTOCK

Job fairs are crowded conventions that are swelling with people who want the same position you do. It's easy to get lost in the mix and become just another average applicant.

If you're going to take the time to attend one of these events, you need to be prepared with a bag of tricks to help you stand out from the crowd.

Do your research first, and learn about the companies and the open positions. Then develop a plan of action.

"Going into the event with a strategy will ensure you talk with and meet those organizations you are most interested in," says Andrea St. James, career counselor at Western New England University. "Without a strategy, you may miss a company or opportunity to gain valuable contacts."

If you can map out which companies you want to speak with, you will be able to better utilize your time.

Be realistic about the amount of time you have — it won't be much.

"Prepare your elevator pitch — who are you, what experiences you have, what motivates you, what makes you unique — and practice it. Make yourself stand out," says Sara Love, manager of experiential programs at Harrisburg University of Science and Technology.

Be ready to think on your toes, too, and to show off your people skills.

"Since job fairs focus on live interaction, job seekers are best suited highlighting their communication skills and their ability to articulate their understanding of what the job entails and how their experience, education and skills would be a good fit," explains Mike Vogel, Director of Shaker Virtual Events.

Stash your CV

Don't forget that resumé!

- A job fair is like a regular interview, and you should be prepared with paperwork, be professionally dressed and ready to be offered a job on the spot.

Always be prepared

"Without a strategy, you may miss a company or opportunity to gain valuable contacts."
Andrea St. James,
Western New England University

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SPORTS 4

Argonauts dragged down by Lions' swarming defence

CFL. Toronto QB Ray picked off three times as B.C.'s dominance at Rogers Centre continues

Backup quarterback Mike Reilly's one-yard TD run at 6:19 of the fourth quarter earned the B.C. Lions a hard-fought 18-9 win over the Toronto Argonauts on Monday night.

Reilly, in the game with the Lions' short-yardage squad, scored after the Argos defence had emphatically stopped B.C.'s Andrew Harris three straight times from the one-yard line.

But the defending Grey Cup champions got a fresh set of downs when Toronto's Marcus Ball was called for offside, to the dismay of the generously announced gathering of 22,841 on a brilliant summer evening with the Rogers Centre roof rolled back.

B.C. (4-2) came into the contest with the CFL's top-ranked defence, and showed why, intercepting Toronto's Ricky Ray three times, including Dante Marsh's pick with 2:03 remaining to cement the victory. Fittingly, an illegal block on the return put the Lions at their 11-yard line with 2:03 left but Harris ripped off a timely 33-yard run as the visitors were able to run out the clock.

Penalties were a factor, with both teams playing undisciplined football. In the first half, a Lions miscue wiped out a Byron Parker interception return TD that would've put B.C. ahead 17-0.

Toronto (3-3) lost for the first time in three games in a contest affectionately dubbed The Braley Bowl because Hamilton businessman David Braley owns both CFL clubs.

THE CANADIAN PRESS

Monday's game

18	9
Lions	Argonauts

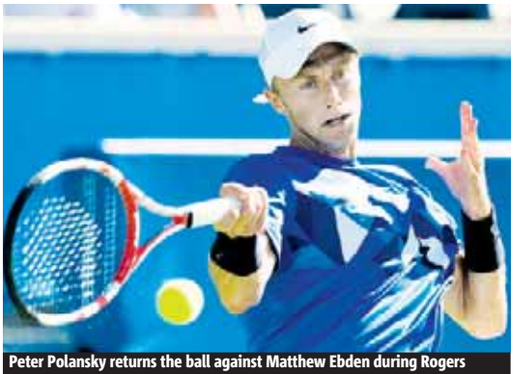
By the numbers

14-15

B.C. earned its second straight win and continued its dominance of Toronto. The Lions beat the Argos for the 14th time in 15 meetings and captured their seventh victory in their last eight trips to Rogers Centre.

Argonauts' quarterback Ricky Ray, left, is sacked by B.C. Lions' defensive tackle Jabar Westerman on Monday in Toronto. CHRIS YOUNG/THE CANADIAN PRESS

Canada's Polansky ousted in Toronto



Peter Polansky returns the ball against Matthew Ebden during Rogers Cup tennis in Toronto on Monday. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Peter Polansky breezed through the first set of his first-round match at the Rogers Cup.

But then it all fell apart for the 24-year-old from of Thornhill as Australian Matthew Ebden stormed back to take the match 0-6, 6-4, 6-3.

The first set took just 19 minutes as Polansky, a wild-card entry in the Toronto tournament, dominated.

"In the first set, his level just, he just wasn't there," Polansky said. "He was missing almost every single ball. And then he almost 360'd from there."

Raonic's route

Rising Canadian star Milos Raonic will face Viktor Troicki of Serbia in his first match at the Rogers Cup in Toronto.

- Troicki advanced Monday with a 6-4, 7-6 win over Alex Bogomolov Jr. of Russia.
- Raonic had a bye in the first round.

The tempo of the match changed in the second set as Ebden, also 24, took the first three games after an adjustment in tactics. The rallies were longer but even then Polansky had a chance in the first game to continue his first-set dominance.

"I had those two break points at 15-40 in the first game on his serve in the second set," Polansky said. "He held that game and then I got broken in the next game. After that it was just — you can call it a disaster."

Ebden will play Mardy Fish in the next round of the tournament.

THE CANADIAN PRESS

Mobile sports

Over his remarkable career, Michael Phelps has struck deals with a plethora of sponsors. But not everyone at the London Games can be showered with corporate largesse like the most decorated Olympian of all time. Most work one, two, even seven jobs while finding time to train to face fully funded pros. Scan the code for the story.

Major League Soccer

Coroner leaning towards natural death in Urso case

A coroner said signs pointed to "an apparent natural death" pending results from toxicology tests and other tissue after an autopsy was performed on Columbus Crew's Kirk Urso on Monday.

The 22-year-old Urso was pronounced dead early Sunday morning at Grant Medical Center after collapsing at a downtown Columbus bar and restaurant.

Franklin County Coroner Jan Gorniak said toxicology tests will not be finalized for four to six weeks.

"It's leaning toward an apparent natural death, but we don't know why," Gorniak said. THE ASSOCIATED PRESS

Kirk Urso. GETTY IMAGES FILE

CFL

Riders add kicking and lineman depth

The Saskatchewan Roughriders have signed non-import kicker Sandro DeAngelis and import defensive lineman Jay Alford.

Financial details of the agreements announced Monday were not released.

THE CANADIAN PRESS

NFL

"There's no excuse for it."

New York Jets quarterback Mark Sanchez. About 20 Jets players were involved in a brief brawl during a chippy practice Monday after running back Joe McKnight and safety D'Anton Lynn tangled after a play.

Last-gasp goal by U.S. ends Canadians' dream of gold

Womens' soccer.
Winner scored with match moments away from penalty kicks. A first bronze medal still possible for Canada

Canada's women's soccer team has suffered Olympic heartbreak once again at the hands of its archrival.

Alex Morgan scored in the 123rd minute Monday to lead the No. 1-ranked United States to a 4-3 victory over the seventh-ranked Canadians in the semifinals of the London Olympics, delivering a dagger in the heart of a squad that paced the U.S. goal for goal all night long.

Canada's captain Christine Sinclair recorded a hat trick — goals No. 141 through 143 of her illustrious career — to lead her team in what was almost a massive upset.

But as the possibility of penalty kicks loomed large, Morgan rose to meet a cross and deftly placed a header past Canadian goalkeeper Erin McLeod, continuing Canada's eleven years of hurt. Canada hasn't beaten its North American rival since 2001 — a span of 27 games.

Megan Rapinoe scored twice for the U.S., while Abby Wambach scored on a penalty kick in a gripping game played in the historic confines of Manchester United's Old Trafford Stadium.

Wambach's penalty came after the U.S. was given a free kick outside the Canadian box by Norwegian referee Christiana Pedersen when McLeod was whistled for holding the ball for more that six seconds. Marie-Eve Nault was charged with a handball in the penalty area on the ensuing kick.

"We feel like we didn't lose, we feel like it was taken from us," Sinclair said. "It's a shame in a game like that that was so important, the ref decided the result before it started."

Canadian coach John Herdman was livid with Pedersen.

"She'll have to sleep in bed tonight after watching the replays, she's got that to live with," he said "We'll move on from this, I wonder if she'll be able to."

Sinclair's first goal came in the 22nd minute and the two teams would trade goals in rapid-fire succession for the rest of the night.

THE CANADIAN PRESS

Next up

- The Canadians will play France for the bronze medal on Thursday in Coventry, while the U.S. will battle Japan, 2-1 winners over the French, in the other semifinal.
- Canada will still play for its first medal in Olympic soccer history, and what would be the country's first Summer Games medal in a team sport — not counting rowing or equestrian — since 1936.

Canada forwards Christine Sinclair, left, and Melissa Tancredi can't hide their disappointment after losing 4-3 in extra time on Monday in the women's soccer semifinal against the U.S. in Manchester at the Olympic Games. FRANK GUNN/THE CANADIAN PRESS

Equestrian

Canada falls short in show jumping

Canada had seasoned riders but not the equivalent horsepower to repeat as Olympic medallists in team show jumping.

Ian Millar of Perth, Ont., Eric Lamaze of Schomberg, Que., and Jill Henselwood of Oxford Mills, Ont., finished fifth Monday.

Britain won a jump-off for gold against the Netherlands in front of a frenzy of Union Jacks at Greenwich Park. Saudi Arabia was third.

The trio earned team silver four years ago in Beijing, but all came to London on youthful horses with less experience.

THE CANADIAN PRESS

Ian Millar on horseback Sunday.
THE CANADIAN PRESS

Overall performance

Canadian medal haul stalls at 10

Canada has gone back-to-back days without a medal for the first time at these Olympic Games after missing the podium Monday.

After a solid first half, Canada remains stalled at 10 medals, including one gold.

The goal is a top-12 finish in the overall medal standings. Canada is tied for 11th with the Netherlands.

THE CANADIAN PRESS

Tuesday's 3 to watch

Women's basketball

Unlike their U.S. opponents, Canada is in uncharted territory. Canada is playing in its first quarter-finals while anything less than gold will be a disappointment to the Americans.
Time: 9 a.m.
Channel: TSN

Cycling

Edmonton's Tara Whitten stands fourth at the midway point of the six-event omnium at the Olympic Velodrome.

The two-time world omnium champion already won bronze in the women's team pursuit at the Games.
Time: 11 a.m.
Channel: TSN

Men's soccer

The only top contender left in the men's soccer tournament, Brazil has no excuse to leave London without the gold medal. First, though, it will have to get past South Korea in the semifinals.
Time: 12 p.m.
Channel: TSN

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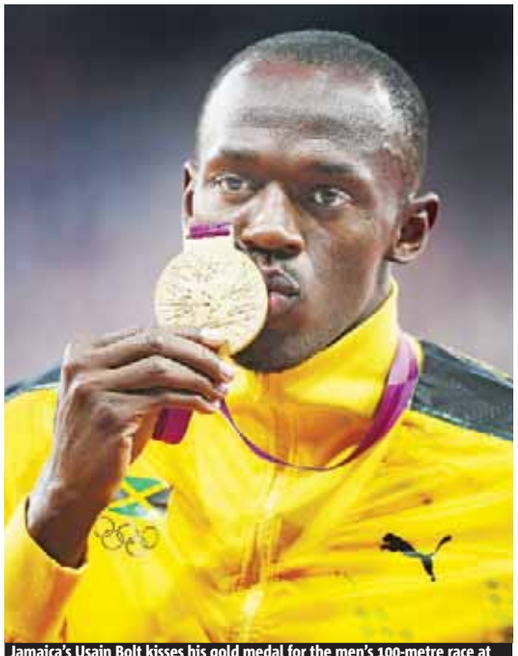
Bolt unhappy with 'weird' Olympic security measures



Jamaica's Usain Bolt kisses his gold medal for the men's 100-metre race at the 2012 Summer Olympics, London, Monday. MATT SLOCUM/THE ASSOCIATED PRESS

Held up. Surprising treatment of star sprinter leads to frustration and an official investigation

Apparently being the fastest man on Earth doesn't get you through security any quicker at the Olympics. There's no cutting the line for Usain Bolt.

And the Olympic champion is not happy about it. Especially when the security guards held him up ahead of his marquee 100-metre event.

"I was in the line, we were waiting to run and the guy was telling me to line up straight," Bolt said early Monday. "I was like, 'Really? We're about to run and they are going to make me stand in a straight line?'"

The track star even had trouble bringing his skipping rope past security.

"They said I can't bring it in, and I asked, 'Why?"' Bolt recalled. "They just said, 'It is the rules.' So if I have a rubber band that I need to stretch, I can't take it in. And when I asked why, they say, 'It's just the rules.'

"It's just some weird small rules that don't make any sense to me, personally."

Security has been the only major problem area for Games organizers. Thousands of soldiers, sailors and air force personnel had to be drafted to plug the gaps left by the failure by private security contractor G4S to supply all the guards it had promised. It is mainly G4S guards manning entry and exit points.

"Every venue is different. Wherever it happens to be in the world, there are different protocols in most places," London organizing committee chairman Sebastian Coe said. "That's the nature of it." THE ASSOCIATED PRESS

Quoted

"It's just some weird small rules that don't make any sense to me, personally."

Olympic gold medal-winner Usain Bolt on his trouble with Olympic Games security.

Triathlon. Olympic vet Whitfield ready to compete with hometown favourites

The Canadian men's triathlon team has to solve Britain's master plan of putting one, if not two men on the Olympic podium Tuesday.

Alistair Brownlee and younger brother Jonathan were one-two in the world last year. The host country has invested heavily on a repeat in Hyde Park.

"The British have played this to an almost checkmate," Canada's Simon Whitfield says. "They have a team. They have the two best guys in the world and they have a team racer.

"Every guy in this race is trying to figure out the way to avoid this checkmate. We are trying to figure out a way to parlay that final pawn into a queen to knock out the king."

Whitfield, of Kingston, Ont., was the Olympic champion in 2000, and added a silver medal in 2008. He'll be one of just two men Tuesday to have raced in all four Olympic triathlons to date. Hunter Kemper of the U.S. is the other.

The Brownlee brothers, Javier Gomez of Spain, Svein Riederer of Switzerland, Richard Murray of South Africa and Alexander Bryukhankov of Russia are considered favourites ahead of the 37-year-old Whitfield, but the Canadian is always a compelling racer to watch.

Triathlete Simon Whitfield at the 2008 Olympic Games in Beijing. RICHARD LAUTENS/TORSTAR NEWS SERVICE

Kyle Jones of Oakville, Ont., is on the edge of the world's elites. He won a World Cup race in Edmonton last month.

Victoria's Brent McMahon was hobbled by injury when he competed at the 2004 Olympic in Athens. He raced 20 times over the last year to gain the third and final Olympic berth for Canada. THE CANADIAN PRESS

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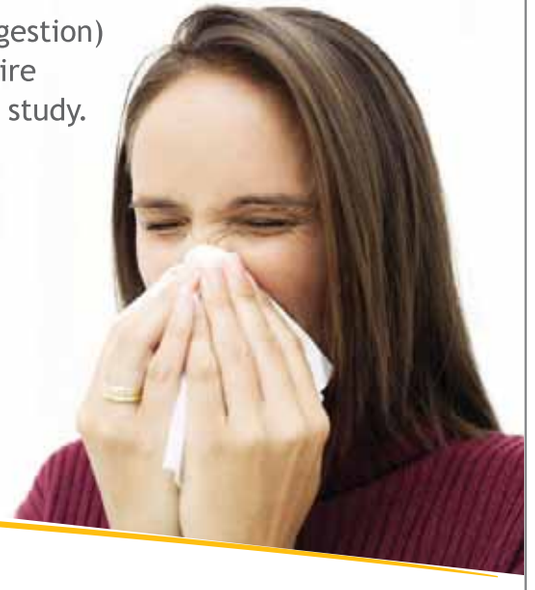

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Eyes on the Games

A look at some of the highs and lows from Day 10 at the Olympics in London:

THE ASSOCIATED PRESS/THE CANADIAN PRESS
Photos by Getty Images/The Associated Press/The Canadian Press

Tweddle medal

Beth Tweddle is Britain's gymnastic darling, even though she'd always come up empty in the Olympics.

Not anymore.

Tweddle picked up her first Olympic medal Monday when she took bronze on the bars.

"It's the best feeling in the world. It's the one medal that was missing from my collection," said the two-time world champion on bars.

New milestone for Bolt

Usain Bolt has joined an elite group in London, not just defending his 100-metre title, but passing one million Twitter followers the day after winning the showpiece race of the Olympics.

"Big up Twitter fans – one million and counting...," tweeted the sprinter who describes himself as "the most naturally gifted athlete the world has ever seen" on his profile.

Cramming in the closing ceremony

Missy Franklin has persuaded her parents to stay and attend the closing ceremony with her.

"I get these guys to go with me everywhere," she said, nuzzling her head into her father's chest on Monday.

The family returns to Colorado on Aug. 13 and Franklin, the winner of four swimming golds, starts her senior year of high school on the 16th.

Brits end Olympic hoops drought

Kieron Achara, pictured, scored 16 points and Britain sent the home fans into a frenzy by winning its first men's basketball game at the Olympics since the 1948 London Games, beating China 90-58 on Monday.

Britain (1-4) had not qualified for the Olympics since 1948, but received a berth as the host this year.

Moose maimed in athletes' village

The Canadian Moose, a large mascot outside Canada's building in the athletes' village, had its ears stolen over the weekend.

But the vandalism didn't go unnoticed.

"Help! My ears were stolen! It's hard out here for a moose," the Canadian Moose tweeted on Sunday.

Feck flops off the springboard

Germany's Stephan Feck felt the agony of defeat in the diving pool during the men's three-metre springboard preliminaries Monday. He lost his grip on one leg and landed flat on his back with an awful thud while performing his second dive. Feck climbed out of the pool without any apparent problems, receiving all zeroes from the judges.

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Spencer's medal aspiration takes knockout blow

Boxing. Three-time world champion loses in quarter-finals to China's Jinzi Li

Canadian boxer Mary Spencer was eliminated from the London Olympics on Monday after dropping a four-round decision to Jinzi Li of China.

The three-time world champion looked solid early, but Li connected with a few haymakers in the second round to move into the lead and hold out for victory. The bout could have gone either way in the final round, but Li was the aggressor and outscored Spencer 17-14 overall.

"You win some and you lose some," said Spencer's longtime coach Charlie Stewart. "It's just when you lose them that it counts the most."

Li used a swarming, physical strategy against the Canadian, going for regular haymakers with a lot of clutching and grabbing. "I didn't expect that kind of pressure on me," Spencer said. "I expected more jabbing. But I have to adjust. It's my fault for not adjusting."

Mary Spencer, left, of Canada competes against China's Jinzi Li. SCOTT HEAVEY/GETTY IMAGES

Spencer, from Wiarton, Ont., landed a few punches early but rarely used her powerful jab. She seemed rather ordinary in the ring.

"In Olympic boxing if you don't have your hands up, you're giving free points," said Canadian team coach Sylvain Gagnon. "You can't win the fight like that."

Spencer defeated Li in their two previous meetings but never got on track before a near-capacity crowd at ExCel South Arena 2. The Canadian seemed flat and couldn't generate any momentum.

"I don't have an excuse for losing," Spencer said. "We went in there, it was fair and we were both given the same opportunities. She came out the better boxer today."

Li will next meet Russia's Nadezda Torlopova in the semifinals Wednesday. Kazakhstan's Marina Volnova will face American Claressa Shields in the other semifinal.

THE CANADIAN PRESS

Swimmingly in sync

Marie-Pier Boudreau Gagnon and Elise Marcotte of Canada compete during the preliminary round of women's duet synchronized swimming at the Aquatics Centre in London on Monday. The Canadian pair qualified fourth for Tuesday's final. Natalia Ishchenko and Svetlana Romashina of Russia were the top qualifiers. MARK J. TERRILL/THE ASSOCIATED PRESS

Day 10 results

MEDAL STANDINGS

179 of 302 total medal events

Nation	G	S	B	Tot
China	31	19	14	64
United States	29	15	19	63
Russia	7	17	18	42
Britain	18	11	11	40
Japan	2	12	14	28
France	8	9	9	26
South Korea	11	5	6	22
Germany	5	10	7	22
Australia	2	12	8	22
Italy	7	6	4	17
Netherlands	3	3	4	10
Canada	**1**	**3**	**6**	**10**
Ukraine	3	0	6	9
Hungary	4	1	3	8
Belarus	3	2	3	8

WHAT CANADA DID

Monday at the 2012 London Olympics

ATHLETICS

Men's 800 — Geoff Harris, Halifax, finished second in his heat and qualified with a time of one minute, 45.97 seconds.

Women's 100 hurdles — All three Canadians entered in first-round qualifying advanced to the next round. Jessica Zelinka, Calgary, finished second in her heat with a time of 12.75. Nikkita Holder, Pickering, Ont., finished fifth in her heat four in 12.93. And Phylicia George, Markham, Ont., finished second in her heat in 12.83.

Women's 1,500 — Both Canadians entered in first-round qualifying advanced to the next round. Hilary Stellingwerff, Grand Bend, Ont., finished sixth in her heat with a time of four minutes, 5.79 seconds. And Nicole Sifuentes, Winnipeg, finished seventh in her heat in 4:07.65.

Women's shot put — Julie Labonte, Ste-Justine, Que., finished 11th in her qualifying group with a throw of 17.48 metres and failed to advance to the next round.

Women's 200 — Crystal Emmanuel, Toronto, finished fifth in her first-round qualifying heat in 23.10 and advanced to the next round.

Women's 400 hurdles — Sarah-Lynn Wells, Toronto, finished eighth in her semifinal heat in 56.71 and failed to advance to the final.

BOXING

Women's 75kg — Mary Spencer, Wiarton, Ont., lost 17-14 in her quarter-final match to Li Jinzi of China.

Men's 91+kg — Simon Kean, Trois-Rivieres, Que., lost 20-6 to Ivan Dychko of Kazakhstan in a men's quarter-final bout.

CANOE-KAYAK

Men's kayak singles 1,000 — Adam van Koeverden, Oakville, Ont., won his semfinal heat with a time of three minutes, 28.209 seconds and advanced to the final.

Men's canoe singles 1,000 — Mark Oldershaw, Burlington, Ont., finished second in his semifinal heat in 3:52.197 and advanced to the final.

Men's kayak doubles 1,000 — Ryan Cochrane, Windsor, N.S., and Hugues Fournel, Lachine, Que., finished fifth in their semifinal heat in 3:29.819 and advanced to the final.

CYCLING

Women's omnium — Tara Whitten, Edmonton, is in fourth place overall after three races. She will race for a medal on Tuesday.

EQUESTRIAN

Team jumping — Canada (Jill Henselwood, Oxford Mills, Ont.; Eric Lamaze, Schomberg, Ont.; Ian Millar, Perth, Ont.), finished fifth with a score of 26.

Individual jumping — Millar finished in a tie for 11th place with a score of eight. Lamaze finished in a tie for 22nd with a score of nine.

SAILING

Women's laser radial — Danielle Dube, Glen Haven, N.S., finished 27th after the final rankings with a score of 220.

Men's laser — David Wright, Toronto, finished 23rd after the final rankings with a score of 184.

Men's 470 — Mike Leigh and Luke Ramsay, both Vancouver, are in 24th place after the eighth race.

Men's 49er — Hunter Lowden, West Vancouver, B.C., and Gordon Cook, Toronto, are in 16th place after the 14th race.

SYNCHRONIZED SWIMMING

Duet — Marie-Pier Boudreau, Riviere-du-Loup, Que., and Elise Marcotte, Quebec City, finished fourth with a score of 189.250 and advanced to the next round.

DIVING

Men's three-metre springboard — Both Canadians entered in the preliminary round advanced to the semifinal. Alexandre Despatie, Montreal, finished ninth with a score of 458.55. Francois Imbeau-Dulac, St-Lazare, Que., finished 12th with a score of 449.30.

SOCCER

Women — Canada lost 4-3 to the U.S. in extra time in the semifinals, despite getting all three goals from Christine Sinclair, Burnaby, B.C. Canada will now play France for the bronze on Thursday.

SOCCER

WOMEN

SEMIFINALS

Monday, Aug. 6
At Wembley, England
Japan 2, France 1
At Manchester, England
United States 4, **Canada 3**, extra time

BRONZE MEDAL MATCH

Thursday, Aug. 9
At Coventry, England
France vs. **Canada**, 8 a.m.

GOLD MEDAL MATCH

Thursday, Aug. 9
At Wembley, England
Japan vs. United States, 2:45 p.m.

UNITED STATES 4, CANADA 3

Canada	1	2	0	0—3
United States	0	3	0	1—4

First Half—1, Canada, C.Sinclair, 22.
Second Half—2, United States, M.Rapinoe, 54. 3, Canada, C.Sinclair, 67. 4, United States, M.Rapinoe, 70. 5, Canada, C.Sinclair, 73. 6, United States, A.Wambach, 80 (PK).
First Extra Time—None.
Second Extra Time—7, United States, A.Morgan, 120+3.
Yellow Cards—D.Scott, Canada, 60; M.Tancredi, Canada, 79.
Red Cards—None.
Referee—Christiana Pedersen, Norway. **Assistant Referees**—Hege Steinlund, Norway; Lada Rojc, Croatia. **Fourth Official**—Hong Eun Ah, South Korea.

BASKETBALL

MEN

Group A

Country	W	L	Pts
United States	5	0	10
France	4	1	9
Argentina	3	2	8
Lithuania	2	3	7
Nigeria	1	4	7
Tunisia	0	5	5

Group B

Country	W	L	Pts
Russia	4	1	9
Brazil	4	1	9
Australia	3	2	8
Spain	3	2	8
Britain	1	4	6
China	0	5	5

Monday, Aug. 6
Australia 82, Russia 80
Lithuania 76, Tunisia 63
France 79, Nigeria 73
Britain 90, China 58
Brazil 88, Spain 82
United States 126, Argentina 97

Doping

Italy's Schwazer won't get chance to defend title

Defending Olympic 50K race-walk champion Alex Schwazer was caught doping in Italy and will miss the London Games.

The Italian Olympic Committee, also known as CONI, said Monday that Schwazer tested positive for doping and has been removed from the team.

CONI President Gianni Petrucci said Schwazer had admitted to doping on what was a "bitter day" for Italian sports.

Earlier Monday, the team said an unidentified athlete had failed a doping test conducted for the World Anti-Doping Agency before arriving in London.

The 27-year-old Schwazer had been due to defend his 2008 Olympic title in the 50-kilometre walk on Saturday. THE ASSOCIATED PRESS

Alex Schwazer GETTY IMAGES FILE

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Van Koeverden sails through semis

Adam van Koeverden slows his kayak after winning his men's kayak single 1000-metre semifinal in Eton Dorney on Monday. CHRIS CARLSON/THE ASSOCIATED PRESS

Through to the finals. Kayaker in pursuit of his fourth Olympic medal in Wednesday's eight-man final

It looks like all systems are go for Adam van Koeverden at the Olympics.

The reigning world champion advanced to the final of the K-1 1,000 metres in the Olympic kayaking competition, winning both his morning heat and semifinal.

But Monday was all about going fast enough to race, and get a good lane, in Wednesday's eight-man kayak final. Van Koeverden dismissed the suggestion that his semifinal win in three minutes 28.209 seconds might be a statement.

"Doesn't matter," he said. "These guys don't respect that. I mean I don't respect somebody who wins in the semi. It's like 'Good job, but the race is on Wednesday.'"

And it should be a doozy, with a who's who of kayaking in the field including two-time world champion Max Hoff of Germany, who won the other semifinal in 3:29.294 under sunshine at Eton Dorney.

Quoted

"I don't respect somebody who wins in the semi. It's like 'Good job, but the race is Wednesday.'"
Olympic kayaker Adam van Koeverden

Other finalists include Sweden's Anders Gustafsson, a van Koeverden training partner who is two-time runner-up at the worlds; Norway's Eirik Veras Larsen, an Olympic silver medallist in 2008 and gold medallist in 2004; Belarus' Aleh Yurenia, a World Cup winner; three-time World Cup champion Rene Poulsen of Denmark; and 2008 Olympic champion Tim Brabants of Britain.

"I'm putting a lot of pressure on myself, which is good," said van Koeverden. "I just want to race fast." THE CANADIAN PRESS

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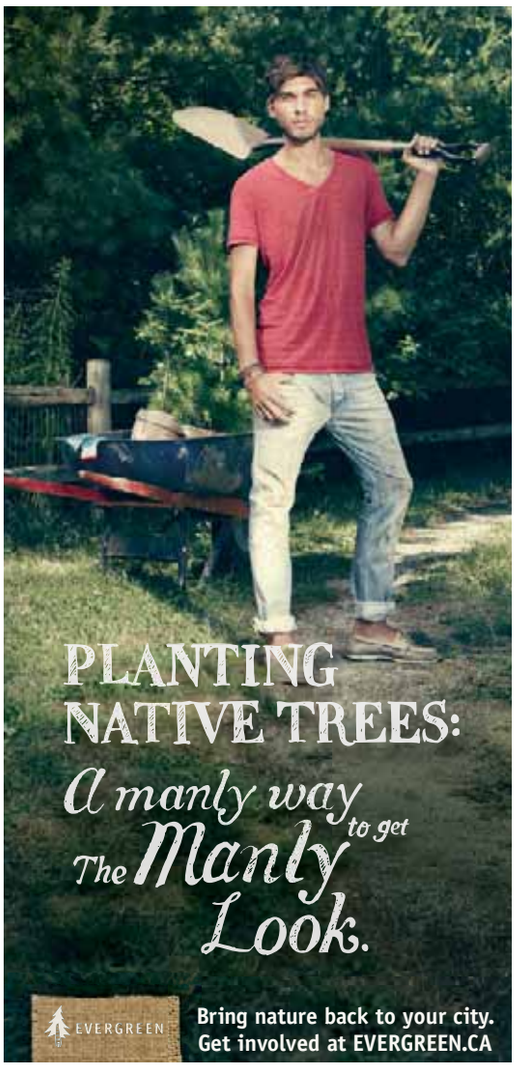
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Horoscopes

♈ Aries
March 21 - April 20
Don't just assume that what is good for others is going to be good for you too. The opposite is likely true. The first rule of life is to do no harm — especially to yourself.

♉ Taurus
April 21 - May 21
Your confidence will reach new heights over the next 24 hours and if you use it sensibly, anything is possible. Remember though that might does not make right. There will always be someone stronger than you.

♊ Gemini
May 22 - June 21
As Venus moves into the money area of your chart today, you won't be quite so worried about how much you spend. But that is not an excuse to splash out on things you don't need. Balance.

♋ Cancer
June 22 - July 23
With Venus, planet of attraction, moving into your birth sign you will get admiring glances wherever you go and whatever you do. You will find both love and excitement today — or, more likely, they will find you.

♌ Leo
July 24 - Aug. 23
The more critics and rivals tell you that some things are not possible, the more you will strive to prove them wrong. Go out of your way to show the world what you are capable of. It's far more than most people realize.

♍ Virgo
Aug. 24 - Sept. 23
You may be inclined to forgive someone who has let you down but unless you want this to become a regular occurrence, you must make it clear that your generosity of spirit stretches only so far.

♎ Libra
Sept. 24 - Oct. 23
Venus, your ruler and planet of attraction, crosses the career angle of your chart today, so most likely you will be praised by everyone. The world admires, and needs, your special talents.

♏ Scorpio
Oct. 24 - Nov. 22
If you can find the right balance between charm and assertiveness today, you can win over someone whose approval you have been seeking for a very long time. Travel plans are well starred too, so get out into the world.

♐ Sagittarius
Nov. 23 - Dec. 21
You need to be more open about what you think and feel because the more you show your vulnerable side, the more other people will open up to you in turn. Let them see you care — like they care.

♑ Capricorn
Dec. 22 - Jan. 20
Venus moving into your opposite sign makes this the ideal time to start something new on either the creative or romantic fronts — or both. Turn on the charm and persuade others to give you the chance you deserve.

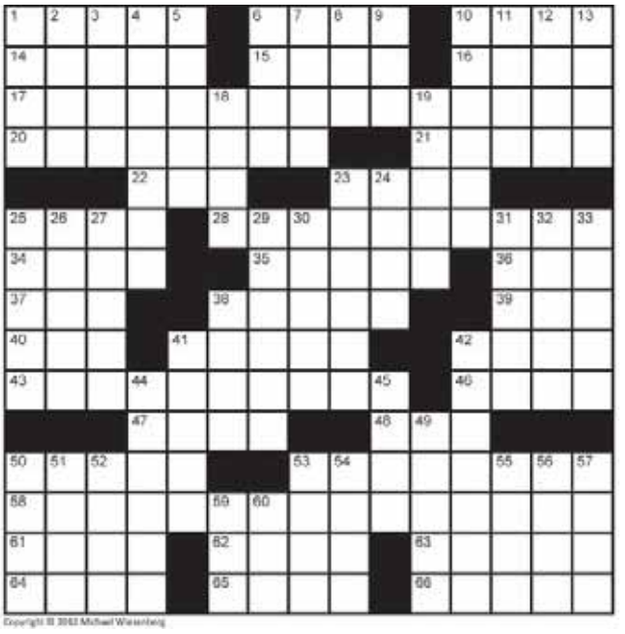
♒ Aquarius
Jan. 21 - Feb. 19
For too long you have been focusing on issues that are of no real importance, while neglecting those which should have been dealt with a long time ago. It's not too late to change things. Start now.

♓ Pisces
Feb. 20 - March 20
In all one-to-one situations, both in your personal life and at work, your powers of persuasion will get you out of almost any kind of trouble you may find yourself in.

SALLY BROMPTON

Crossword: Canadian Miscellany

BY MICHAEL WIESENBERG



Across

1. Action words
6. Alta. neighbor
10. Lost seaworthiness
14. Abraham's son
15. Lhasa ___: small dog
16. Bassoon relative
17. Victoria's location (2 wds.)
20. Wrote (a book)
21. List items
22. Any of 43-Across: abbr.
23. "Mmm-hmm" (2 wds.)
25. ___ *La Douce*: 1963 Lemmon-Maclaine film
28. Calgary team
34. Anon
35. Show contempt for, as a contract (2 wds.)
36. Clean the kitchen floor
37. Solo of *Star Wars*
38. Continue without a break (2 wds.)
39. Oriental sash
40. Halloween mo.
41. Pursuits of good reporters
42. "I have ____ good authority" (2 wds.)
43. They form the Alberta-BC border (2 wds.)
46. Aerialist precautions
47. *For Your ___ Only*
48. Here: Fr.
50. Barracks boss, briefly
53. Ottawa team
58. Alberta, Saskatchewan, or BC (2 wds.)
61. Has ___ with: is connected (2 wds.)
62. Fast-moving sport jai ___
63. "___ Joe's": diner invitation (2 wds.)
64. Pop
65. Iditarod's Alaska terminus
66. Be careless with a bucket

Down

1. ___ *Las Vegas*: 1964 Elvis movie
2. Biblical Jacob's brother
3. Angry outburst
4. Winnipeg's Randy ___: cofounder of 1970s rock band familiarly called BTO
5. "Get out of here!"
6. Computer menu selection
7. Copied
8. Letters that once designated Soviet republics
9. Goldfish cousin in backyard ponds
10. Flew alone, perhaps for the first time
11. "I've got ___ feeling about this!" (2 wds.)
12. "That's a ___!" (taboo)
13. Sneakers brand
18. Banquet coffeepots
19. At quite an incline
23. "I hate to ___ on you, but ..." (ask a lot of)
24. Created a web or a tale
25. "____ the Sheriff" (2 wds.)
26. Disliked insect
27. ___ Carlo: Monaco's capital
29. Semis
30. "___ a stinker?": Bugs Bunny line (2 wds.)
31. Overact
32. Automaton
33. PR interpretations
38. 100-metre dash, e.g.
41. Hotel lobby
42. First letter
44. Saskatchewan's capital
45. Comb. form for China, as in ___-Soviet
49. Bat lairs
50. Aromatherapy spots
51. Florence's river
52. Weapon to combat 26-Down
53. Unwanted email
54. Great Lake
55. Having knowledge of
56. Some TVs
57. Actor Green of Austin Powers movies or Adam's third son
59. Bond creator Fleming
60. "Evil Woman" group, briefly

Friday's crossword

What's online

See today's answers at metronews.ca/answers.

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Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	1		5		6		4	
3	4	9				5	7	6
		3	4	2	8	9		
		7	3	5	1	6		
2	5	6				1	3	8
	7		1		3		2	

Friday's Sudoku

4	2	9	3	5	6	8	7	1
1	6	3	2	7	8	4	5	9
7	5	8	1	4	9	2	6	3
2	9	7	6	8	4	3	1	5
3	4	5	7	1	2	6	9	8
6	8	1	9	3	5	7	4	2
5	7	2	8	6	1	9	3	4
8	3	4	5	9	7	1	2	6
9	1	6	4	2	3	5	8	7

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Wednesday
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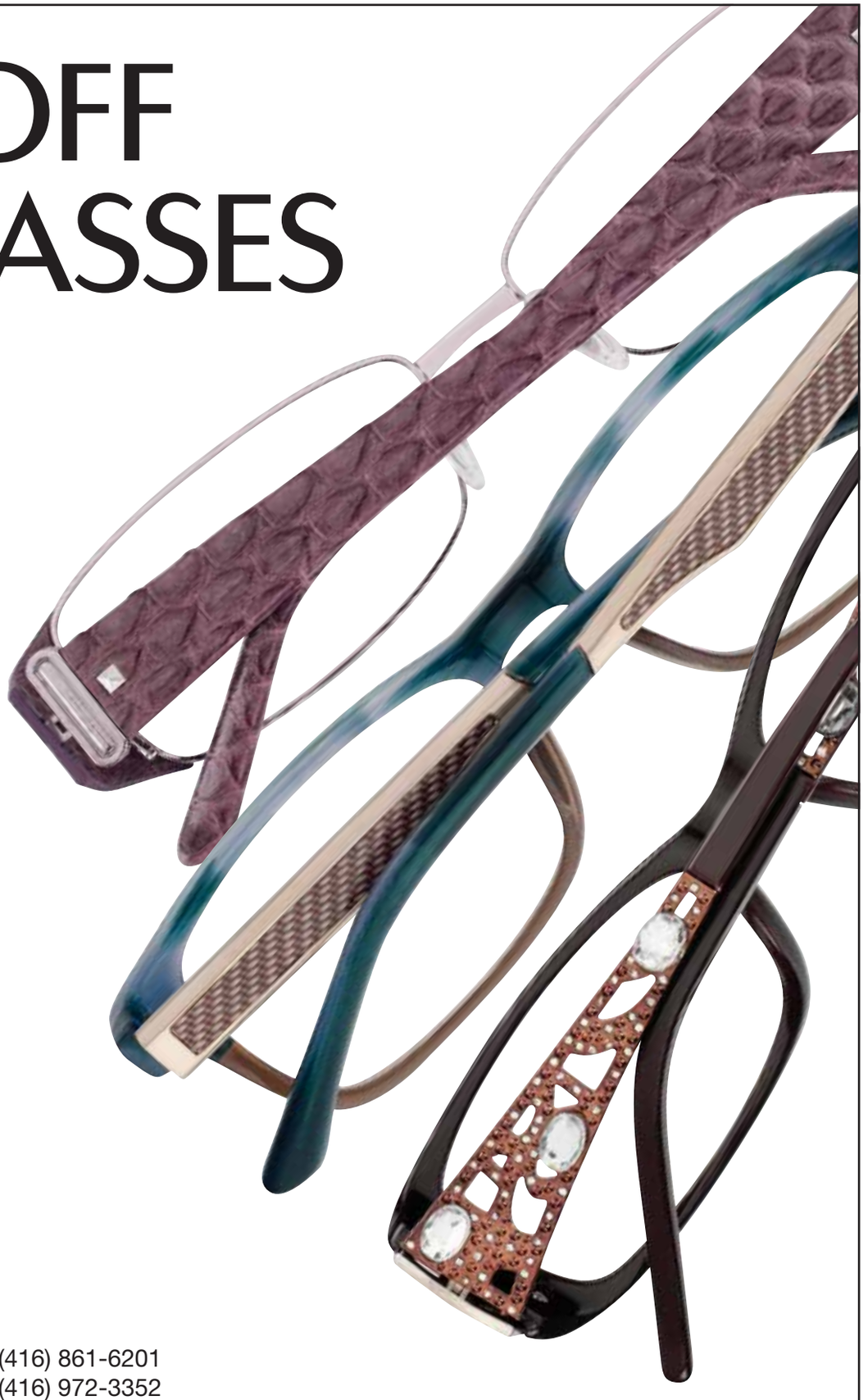

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